

"In the day when I cried out, YOU answered me. And
made me bold with strength in my Soul". 'Pslam 138 : 3'



Healing and Hypnotherapy

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Image Of the Sound :-

"I Love You."

On Frozen water crystal, captured by researcher, writer
"Masaru Emoto" Check out: <http://www.masaru-emoto.net/english/water-crystal.html>

A Charecter

I marvel how Nature could ever find space
For so many strange contrasts in one human face:
There is thought and no thought, and there is paleness and
bloom

And bustle and sluggishness, pleasure and gloom.

There is weakness, and strength both redundant and vain;
Such strength as, if ever affliction and pain
Could pierce through a temper that is soft to disease,
Would be rational peace--a philosopher' s ease.

There is indifference, alike when he fails or succeeds,
And attention full ten times as much as there is needs;
Pride where there is no envy, there is so much of joy;
And mildness, and spirit both forward and coy.

There is freedom, and sometimes a diffident stare
Of shame scarcely seeming to know that she is there,
There is virtue, the title it surely may claim,
Yet wants heaven knows what to be worthy the name.

This picture from nature may seem to depart,
Yet the Man would at once run away with your heart;
And I for five centuries right gladly would be
Such an odd such a kind happy creature as he.

William Wordsworth

श्रीभगवानुवाच ।
त्रिविधा भवति श्रद्धा देहिनां सा स्वभावजा ।
सात्त्विकी राजसी चैव तामसी चेति तां शृणु ॥ २॥

The Supreme Divine said: Every human being is born with innate faith, which can be of three kinds—*sāttvic*, (faith due to Goodness or realisation) *rājasic*, (faith due to passion) or *tāmasic* (faith due to ignorance). Now hear about this from me.

Srimad bhagvatgeeta: Chapter 17 Verse 2

Form The Desk

Inner blooms! Beautiful, beyond all the springs you have ever seen; a flowering moment of knowledge within. The whole stem illuminated with light from root to crown.. every stop blooms with the final bloom at crown. And beyond that..... Incredible vision, A truth speechless wordless where everything matters yet nothing “*Shunya*” (*Nothingness*)

“A Pregnant Paucity with Finish Finality merged together”. ©

The realm of light that profound journey which takes us to the magic of our being which tells us who we are and make us laugh at everything we have thought being real so far. How we take every invention of our imaginative being real so far. How we play this game of cosmos by being into this yet not there at the same time.

And still we come back to be in our natural world taking everything as it is. And understanding what's going on and how everyone is at the same journey Oh yes may be at a different 'station'.

Well, nevertheless their experiences known or unknown matters, as was ours since they are the one taking us further, so lets have the freedom to have our experiences, yes churning will happen some may be seemingly right some wrong. Yet nothing is meaningless.

Everything adds up to the level, and makes a beautiful journey which leads to the bloom within

In this journey our this month's first stop is Neha Sharma's very precise and to the point write up **Usage of Hypnotherapy**. Non-hypnotherapist readers will appreciate it thoroughly.

Our second Mile stone is Dr. Bruce Kaloski's **The ABC's of Reincarnation & Past Life Regression** an interesting way to explain reincarnation.

Our third turn comes with A Prakash. In his "**Hypnotherapy-Healing the Physical-Self**" where a beautiful and intriguing and detailed study on one aspect of Hypnotherapy (Physical) and its effect on Physical healing is given in a very interesting way.

Our Fourth twist is slightly quirky. It talk's about, paranormal energy healing aspect of, hypnotherapy. That too, about an Animal spirit.

Dr. Nanda's "**An Encounter with an Animal Energy**" Well , Thank you for sharing it here. Since I too have encountered an animal energy in one of my session. I met a bear. Few of my other colleagues too shared encounter with animal energy during session. So apart from human energies we deal with animal energies too. ☺

Our Fifth Shade is here with Shanti Chainani in the form of "**Every Issue has Positive intention How????** Let's Find out with her in a very Mind opening write up.

Our sixth High point is with me (Varsha) "**Soulmates – Surreal But True**" Friends, it's a very sweet, straight from story book finding. It's a Fairy tale session. A very sweet New year gift. Read it and Marvel at the miracle called consciousness and its game of experiences.

Our Seventh Hidden treasure behind that tree is Ulf Sandstrom and Gunilla Hamne's "**Mechanics of Stress & Trauma**" A must read to get a deep understanding towards Healing, its need , and its method. It's not only good for TTT practitioners but it will help Hypnotherapists and other Healers too.

And Our 8th Rejuvenating Shelter is with me (Varsha) our this month's Crystal "**Green Aventurine**" Stone of New opportunities and Abundance a perfect gift for New year.

And ninth spot "Do not Forget to check the Tarot of the month" ☺

I am thankful to you my dear readers. My heart is full of deep Gratitude, for all your love and encouragement. We are entering in 2018 together.

My writers, My Team, my undying suppliers of Light to the world; through your constant contribution, Your relentless work and your enlightening write ups this journal is possible. I am Grateful to you all.

Wish you all a Very Beautiful , Blissful, and wonderful year Ahead

“Love and light & Laughter” (as one of my friend wished me) to you all.



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Uses Of Hypnotherapy

These days most of the people I meet, have an idea what Hypnotherapy is; however I face one question quite frequently ... "What are the areas, where it can be used?" some feel it's just for medical conditions, for few it is used in resolving relationship issues. So I felt, I should write something about it and here I am😊.

It can be used in almost each and every sphere of life ... we can divide them in three major categories:-

1) PHYSICAL ISSUES:-

This issue is completely related to our body. We can further divide it in four categories

- a) **From simple to chronic diseases.** Be it simple fever, heart disease, any kind of infection or cancer. Through Combination of medicine and Hypnotherapy we have very high probability to resolve these issues.
- b) **Simple to chronic pain.** I kept it in different category from diseases as generally pains are symptoms or outcome of diseases however, here I am talking about different type of pains; they are like dangling nodes; means, they are neither symptoms nor outcome, they are like disease itself and no medical practitioner is able to understand its root cause. They are just there like your eternal partner. It can be headache, back pain or leg pain etc. that can be healed by Hypnotherapy.
- c) **Injury recuperation.** Some people have tendencies to get into some or other kind of accidents more frequently than others and that can also be cured in Hypnotherapy.

d) **Physical appearance.** In this category we can keep **Weight loss** and **baldness** etc. anything that is related to looks. We can go into the reason and see what is the route cause and take efficient measure accordingly.

2) EMOTIONAL AND MENTAL ISSUES:-

This we can keep in 5 categories. Where we deal with different surge of emotions and thoughts that influence our heart and mind, finally that affects our life as whole. So here they are:

a) **Different types of phobias and fears.** When something happens to us that impact our mind very strongly in a negative sense (it can happen in this life time or any of previous ones) then phobias and fears take place and start affecting our lives. Hypnotherapy is one of the best therapies to cure it.

b) **Habits and tendencies.** In computers all the data, log of all the activities get stored somewhere in some format, even if we aren't aware of them. They keep on showing their presence in some form or other; similarly it happens with humans too, each and every thing, people or event that we come across, leave some kind of (light or intense) impression on our mind.

End result is our minds working pattern and general behavior.

Sometimes these habits & tendencies create hurdle in our life.

Here again Hypnotherapy can be useful.

c) **Dealing with complexes.** There are different types of complexes basically we can divide it in two group 1. Superiority complex 2. Inferiority complex. Any other type of complexes (directly or indirectly) can be kept in these two categories. These complexes impact our personal to professional life in many ways however, it can be dealt with the help of Hypnotherapy.

d) **Capability or skill enhancement.** For students, improvement in their study habits so that they will be able to grasp more with better concentration in lesser time and ability to focus in whatever they do.

For sports, performing arts or any other kind of skills, artistic to technical; they can be enhanced to give better performances. And, last but not least, **Confidence building.**

e) **Relationship issues.** Complications in any kind of relationships (from friends, spouse to parents, relatives; from personal to professional relationships) can be resolved in Hypnotherapy. Resolved means we understand our relationship, person concerned and about ourselves in a better way. That certainly makes our relations better.

3) SPIRITUAL AND PARANORMAL ISSUES:-

This we can break in 3 categories.

a) **Foreign entities** are those with whom we are not familiar and mostly can't experience them with our normal senses until they want to or we feel them when something unexplainable or unusual that is beyond worldly logic happen to us. Mostly they are from different dimensions, time and place and no, they are not always negative they can be good as well. Through Hypnotherapy we can communicate with them as well. Since, they are basically energies, that way we get information why they are there and accordingly can help person concerned and that energy as well.

b) **To understand concept of Karma.** Sometimes just this understanding, why is it happening what is happening in our life gives us peace and opens doorway to our growth.

c) **Exploring Purpose of our life.** Sometimes we feel clueless & think why we are doing what we are doing ... is our life all about

study, get good job/business, find your life partner get married then kids and then same cycle, so what's the point of anything? And here comes Hypnotherapy to take you closer to purpose of your life by understanding it better.

I kept paranormal in spiritual category as to my understanding paranormal gives us glimpse of the world that we can't perceive from our normal senses means something more subtle, and it gives us message that life is beyond death & death is not the end just transformation of energy. In India ancient sages (Rishis) said "*Neti Neti*" means "whatever we know there is always certain things/knowledge beyond that."

So these are the areas where Hypnotherapy can be effective and can help us, guide us on this path of Light.

**Wish you all a Very Happy New Year
2018**



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The ABC's of REINCARNATION & PAST LIFE REGRESSION



"Our birth is but a sleep and a forgetting, The Soul that rises with us, our life's Star, Hath had elsewhere its setting and cometh from afar: Not in entire forgetfulness and not in utter nakedness, but trailing clouds of glory do we come..."

- William Wordsworth (English poet, 1770-1850)

In order to have a common ground on which to further explore this intriguing topic, let's begin with some very basic concepts and definitions. And I do mean basic.

Reincarnation is a doctrine or belief, which holds that our souls are reborn many times in different bodies. The word itself comes from the Latin words “re”, meaning to repeat, and “carn” or “carnis” meaning flesh - in other words, to enter the flesh again. While there are many and varied beliefs regarding the concept of reincarnation, the one fundamental principle underlying all of them is the belief that we all possess an immaterial and incorporeal “something” (called the soul, spirit, essence, inner self, inner being, and a whole host of other names) which survives our death and persists as a definable entity. After a period of rest, this “something” is reborn into a new, infant body.

Regression is the experience of going back to an earlier time ***in this life.***

Past-life Regression is the act of experiencing a purported previous lifetime usually through the mechanism of an Altered

State of Consciousness, either self-induced or induced by an experienced and knowledgeable facilitator.

Past-life Therapy is Past Life Regression used for emotional, spiritual, and sometimes physical healing. On this point I'd like to add that when skeptics inquire into the "reality" of Past Life Regression, particularly as it applies in a therapeutic sense, they're asking the wrong question. The important question, in my view, is not whether Past Life Regression is "real" but whether it works in solving the client's problems. I submit that the literature and the case files of thousands of Past Life Therapists over the years show that it **does** work in a remarkable percentage of cases.

The regression techniques used to reach the past life memories can include hypnosis, deep meditation, guided imagery, shamanic journeys, massage and bodywork. All of these are what's called "Altered States of Consciousness" techniques. All entail a change of consciousness - a moving out of ordinary, everyday awareness. This enables "time travel" to take place - a moving back in time to re-experience the incident.

Excerpt from the book, "Your Journey Was Never Meant to End: A Compelling Case for Reincarnation".

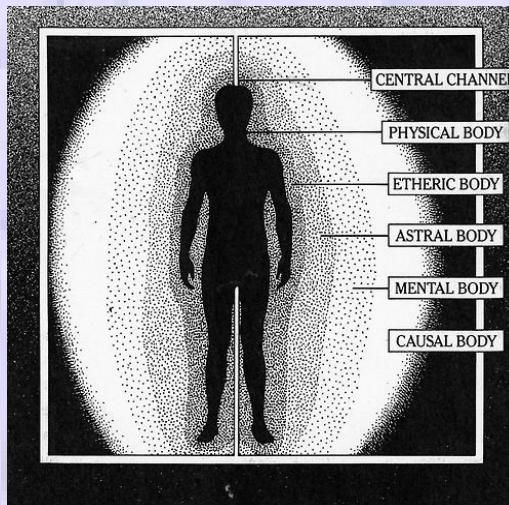
**Wish you all a Very Happy New Year
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Hypnotherapy-Healing the Physical-Self

We as an individual exist at different levels of '**Being**', composite of which is what we see, feel and are aware of as our '**Self**'. The '**Self**', which for some may just be the body or the physical self we are, or for some it may be the body and mind, while some may contest of it being the sum total of our body, mind and emotions, still there will be few who see it as the composite of body, mind, emotions and awareness! The story doesn't end here as few contest that '**Self**' is not limited to the body, mind, emotions and awareness, but the manifestation of body, mind, emotions, and awareness along with the '**Soul**'!



2. The most profound ancient Indian treatise on Yoga '**Patanjali Yoga Sutra**', describes the about the five '**Koshas**' or '**Sheaths/Layers**' of our existence namely :
 - 1) **Annamaya Kosha** or the '**Food/Physical Sheath**'; (Physical)
 - 2) **Pranamaya Kosha** or the '**Prana/Energy/Breath Sheath**'; (Etheric)
 - 3) **Manomaya Kosha** or the '**Mind/Emotions Sheath**'; (Astral)
 - 4) **Vigyanmaya Kosha** or the '**Wisdom/Awareness Sheath**'; (Mental) and
 - 5) **Anandamaya Kosha** or the '**Bliss/Awakeness Sheath**'. (Causal)

3. Thus we as an '**Being**', are not just the body but a composite of our physical body, the **Prana**/energy that moves within, the thoughts and emotions that flood us, and the awareness that we carry along with the '**Soul**' or '**Atman**' or simply the '**Light/Spark**' within! So when we talk about '**Healing**' we essentially are talking about healing at multiple levels.

4. Contrary to the term ‘Cure’ or ‘Treatment’ as frequently used by the modern medicine system, which focuses on physical body and its ailments, we as therapists and healers take a holistic view of the various aspects of the ‘Issue’ in question. It maybe a physical, mental, emotional issue as seen in first-go, but once we delve deep into the various aspects related to the issue we mostly discover that most issues have interlinked aspects. For example a physical pain may have an emotional trigger or a mental issue maybe triggering a physical or emotional symptom.

5. Most of us may have heard the storey of ‘**Mr Wright**’, who way back in 1957 was hospitalized in Long Beach California, after being **diagnosed for cancer with tumors the size of oranges!** He one day came to know about a latest drug named **Krebiozen**, made from horse serum, which was said to be effective against cancer. He begged his physician Dr Philip West for the new drug, who though a little hesitant gave him the medicine and three days later saw a jovial Mr Wright out of his ‘death bed’ talking laughing. His tumors too seemed to have dissolved magically! Two months later the healthy happy Mr Wright read that the horse serum was a quack remedy and like a curse the tumors returned. Seeing this doctor reassured him that the report was wrong and that a new super refined version of the Krebiozen was now available. This time he simply gave Mr Wright ‘pure water’ under the name of the super refined new version of Krebiozen. Again the tumors melted away like magic and Mr Wright was a healthy happy man for next two months or so, when one day another reputed authoritative medical report in a medical journal reported that Krebiozen, actually was just a quack remedy and totally ineffective in curing cancer! Two days later Mr Wright died!

6. So what do you all think happened in case of Mr Wright? **Placebo Effect** – maybe that’s how most of us may call it, but even if that’s true, it makes us question the very premise of ‘Cure-Treatment-Healing’! What are we actually curing, treating or healing, while healing a case, which, has physical symptoms?

7. To the best of my understanding and as frequently said, every disease actually is '**Dis-Ease**' i.e. the state of not being at ease, the state when you are uncomfortable, the condition when harmony of our 'Being' is disturbed. So holistic resolution would require addressing not just the physical, but also the mental, emotional and even energy and spiritual aspects related to the issue. They maybe interlinked or may not be, it maybe just one aspect or a couple of them, we simply just can't ignore them. We need to explore and heal all related aspects of any issue for healing in totality!

8. Hypnotherapy as a healing modality has the tools and processes that help the therapist address all aspects of our 'Being', be it physical, mental, emotional or even the energy and spiritual. Beyond the realm of medicines and medical procedures being applied in modern medical system that focus on curing the physical aspect of our being, it was only in **Homeopathy** that worked on the '**Energy System**'. Other modalities like **Acupuncture** and **Marma Therapy** also essentially work through an individual's 'Energy System'.

9. Our '**Karmic**' imprints of past and present shape our '**Thoughts**', which in turn trigger '**Emotions**', these emotions result bio-chemical changes in form of hormones, which signal **Physical** symptoms! An interesting chain of events-isn't it! Everything is interlinked, so how can therapy or healing be isolated only at one level of our 'Being'? This is where Hypnotherapy and the amazing power of '**Trance**' comes into play!!!

10. Hypnotherapy as a modality is an amazing tool! Something like a magic wand, if one knows how to use it Right! Given that the client too is '**Open**', '**Receptive**' and '**Willing to Transform**'! There are so many tales of amazing healing ranging from resolving simple body aches to nearly incurable (as declared by modern medicine) medical conditions like Asthma and Thyroid (Hypo/Hyper). All simply possible because Hypnotherapy seeks to explore and heal the 'Root Cause' of each issue, be it physical, mental, emotional, energy or Karmic!

11. There was a case in which the wrist bone of a client had grown causing her extreme pain and rendering her hand nearly useless. This medical condition too has no remedy other than cutting the growth away with no permanent cure as the same can re-grow! Hypnotherapy explored a totally unique **Karmic-Energy dimension** of the issue and the wrist was healed in 72 hours! Something which modern medicine had no cure!

12. Likewise another case of a couple who had been **childless** for years and had tried all medical options including IVF had been told that they can not have children. They gave Hypnotherapy a try as a last ray of hope and imagine what, the wife conceived and gave birth to a happy healthy child, exactly as per the guidelines and information given in their sessions! The reason for their childlessness was '**Karmic**', a carryover from previous lifetimes. Once that was healed and remedial measures done in current lifetime their lives healed and they were blessed with the joy, which the modern medical system had told them was impossible, so was it miracle? No, it was just addressing the issue beyond the physical level!

13. Likewise, another case of **Thyroid**, which forces an individual to pop pills for rest of life to keep thyroid under control, was healed simply by addressing the higher-self of the individual and healing by '**The LIGHT**'. So was it magic again. No, just simply going beyond the realm of physical existence!

14. **Asthma**, which forces people to live lives tied down to inhalers, dreading change of seasons, simply because doctors told them so! In one case was healed simply by resolving the past-life of a client who had been choked to death. This too isn't magic but simply healing the individual in totality.

15. The list is endless, from a child whose **white-spots** were magically wiped off simply by a **surrogate energy-clearing** work through her mother to cases where **chronic backaches, diabetes, hearing issues** etc. are healed by healing not just the physical but the mental, emotional, energy and karmic aspects as well.

16. Hypnotherapy with its power to tap into the sub-conscious of the individual holds the potential not just to heal but also to transform an individual. It can help an individual realize and experience his or her possibilities of evolution and becoming the best version of his 'Being' and to go beyond the confines of stereotypes, wherein he or she can 'Expand' and 'Evolve' to realize who they are in 'Totality' of their 'Being'! May each one of us, be the instrument not just to heal the lives around us, but also be the gentle guides helping our clients become the best version of themselves and live a happy healthy blissful life!

Love & Light

Wish you all a Very Happy & Blessed New Year

2018



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An encounter with an Animal Energy in a teenage boy

In last week of October 2017, this 14-15 year old boy was brought to me for shortcoming of memory and failure to focus. He used to be great at studies, getting nearly up to 85 to 90 percent marks yet for 3 years his performance in studies, all of a sudden descended.

During last three years his parents have consulted many physicians, specialist psychologists for children for development in studies without any success.

By that point he was given numerous pills to upgrade memory. He was additionally given lots of dietary items and advices, on diet which were, supposed to increase his memory and focus, but to no avail. Since every single known medication and therapeutic practice was performed without any outcome I ruled in favor of Hypnotherapy.

The patient was hypnotized. Soon he was in deep trance. When sufficiently deep into hypnosis the patient was requested to go to the point, which, was related with beginning of his absence of focus and weakness of memory.

He began discussing one of his trip by car three years back. Car was stopped for him to answer nature's call. On his way, close to few trees he saw, a dog that came into him. Subsequent to conveying this much he quit talking however, began raising his right hand like a pooch raises his paws.

With prior experience of encountering animal energies in people and releasing the spirits of animals I instantly began process by requesting the assistance of masters of the relevant realm.

Shortly he saw a white dog leaving him in a brilliant golden ball. The paw like movement of right hand ceased and he began talking once more. This

was followed by usual healing process and request for assurance and protection. After this I brought him out of trance.

The feedback from mother of this youngster after couple of months since hypnotherapy session was: He had begun eating fruits and sprouts again, Which, he stopped in last 3(three) years. Also, he had shown remarkable improvements in his studies and recall ability.

**Wish you all a Very Happy New Year
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Every Issue has Positive Intention behind it .

Find out How?

As a Hypnotherapist, I help people make changes in their lives by making them first become aware that what they perceive to be their problem is not the “real” problem.

Their perceived problems can be unhealthy behaviours, uncomfortable feelings or negative thoughts. These are actually serving an important purpose for them.

The purpose of having these undesired behaviours, feelings and thoughts, which seem beyond their control, lay hidden, deep within the vastness of their subconscious mind and out of their conscious awareness. Ironically, the subconscious intention behind these negative behaviours, feelings and thoughts, is always positive.

For example, we can try hard to stop unhealthy behaviours such as overeating, too much drinking, smoking, procrastination etc. using willpower and we may be successful at controlling them for a short while, but the hidden subconscious purpose, which is emotionally driven will eventually overpower us and we go right back to our old patterns of unhealthy behaviours and inappropriate reactions.

This leads to discouragement and feelings of hopelessness. Without being aware of the subconscious reasons for creating these undesired behaviours, all our attempts at trying to permanently change any of our unwanted behaviours will be futile.

Until and unless we do not become aware of the deeper non conscious drivers of these undesired behaviours, feelings or thoughts, they will continue to be lurking around in the background of the subconscious mind and will take control over us when we are tired, stressed, worried, overwhelmed, lonely or feeling fearful.

That behaviour is there for a purpose and the extremely powerful subconscious mind will do everything to protect its purpose.

Our conscious attempts to change the undesired behaviours, feelings or thoughts will meet with subconscious resistance. Not knowing this one vital truth, we continue to blame ourselves and feel like there's something wrong with us.

The truth is that it's not our fault and we are not broken. We just don't know that we need to look within to find the real cause of the problem. All the answers we seek are within.

This is where hypnosis comes in. My job as a hypnotherapist, is to facilitate a channel of communication between the conscious and subconscious mind, so that the client gains clarity and insights on the true intentions behind the unhealthy behaviours, negative feelings and thoughts.

Once the purpose is revealed to the conscious mind, it's no longer hidden and this is the beginning of real change. We can then come up with a healthier alternative behaviour or response, which will continue to satisfy the subconscious intention, which is primarily to keep us safe and away from pain which includes physical and emotional pain.

With effective communication during hypnosis, the subconscious re-learns that safety will not be compromised by adopting the new healthier behaviours or responses. Thus, it will no longer create resistance to change. Now we have the emotionally driven and powerful subconscious mind to support us in our new healthier behaviours and responses.

The old triggers will no longer automatically cause us to act, behave or react in unhealthy ways. We start to think, feel and act differently. This is real change which I call transformation.

Transformation takes place when our conscious desires and our subconscious motivation now work together in synchronicity towards our goal.

If you are struggling with any issues in your life, perhaps it's time to find out what's the subconscious intention behind the issue. Knowing the truth can set you free.

**Wish you all a Very Happy New Year
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 - 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)

SOULMATES **SURREAL BUT TRUE**

She never met this guy. She is beautiful , independent , Spiritual , fun and intelligent As usual very much ready to take the big step "Settle Down".

In past nothing worked out for any long termed relationship. Well not for long time. And then thanks to globalization here she was in contact with someone continents apart and Bang!! Its miraculous.

They both were drawn to each other like miracle. Very intense, very happy, (Remember its long distance. ☺)As she expressed, it gave her beautiful contentment just to talk to him.

In her words, it's like two five year old together who had nothing to hide from each other and can talk about anything and everything.

And, same for him as he reciprocated her feelings.

She said things were so impossibly beautiful that they were really scared. Both of them were like.... how come we feel so happy, contended, just with a simple message to each other and how there is so much intensity. They have not even seen each other in person.

(A simple thought here... Do we ever question our negative feelings we are always very sure about them, why positivity always makes us feel it will not last.; "in general"???)

Well, both being practical, worldly wise and pragmatic.... Totally caught into this swing of happiness and doubt. Really scared of this completely unexplained attraction between them. Rightfully so in the era where people end their relationship if it looks like it had to be long distance due to work or other commitments. They are really flabbergasted to be so attracted to someone they never met in person though Skype, Whats app, barely made them feel so, yet knowing each other in person is a very different thing altogether.

Now – Intensity level is so strong that if they try not to communicate with each other they actually get miserable physically, symptoms like Headache, Nausea and even fever

appears, emotionally and mentally things are even worse, they feel extremely down and dragged and life seems just passing by somehow.

Well that could freak out any one. And so it did, the Man got freaked out. And the Lady concerned was totally perturbed cause-she understood and accepted that there is something special. Yet the practical part of her was really scared for the sake of her well being. As per Her; 'being in love is fine but in case something untoward happened then not being able to cope with it, is really something I totally fear.

Getting heartbroken is one thing but being physically sick is really over the top, completely unacceptable.

I am a today's woman I do not like this weepy, mopy girl I see.

So in this virtual relationship (Remember they have yet to meet) they broke off some two three times, with similar symptoms. Both were miserable.

First time man asked for time to think and some space..... Great!! She complied. Then she got worried and stopped communication. He tried to stay apart. To no avail😊

Turned out he was miserable , so he came around and accepted . With " I used to be this emotionally balanced and mature guy and I did have my fare share of relationships in past. But, ***this is new***. This level of intensity is beyond me.

Note: [Please understand, He and his background and he is real, all of it is duly checked out by her friends and extended family members living in the same Nation , as him. And so did his friends for the woman concern.

So Internet lovers beware. Risks are good when they are educated and calculated.]

She at one such bout was really miserable and at this juncture she came to seek help with me. She was confused and completely aghast. I just need to understand if he is my destiny or a lesson to me.

And so the sessions started. First session was the session of seeing their light form it was profound and beautiful; however, she needed more clarity so we went on for Second one and here the whole plethora of Past life begin. Everything was vivid and

beautiful, they were together as partners in one birth, in his current country and Later on she had consecutively seen second birth where again they loved each other but could not come together and died saving each other at a very young age. This time the place was her current country. Now befor taking birth this time she saw herself in Life between lives state, before she came to her current mother's womb.

It was beautiful experience and then she saw herself in her mother's womb, eventually as a child there again when she was just a little baby he as a child came to meet him in astral body in dream to remind her and to cuddle her she woke up smiling. She saw it very vividly . And described he too was sleeping there. But their soul knew.

After that she saw him again in recent event in her country which he came to attend (corroborated later from him) its just that she was too busy in her duties to pay much attention or recognize him. She did not even remember this in her conscious mind, But subconscious mind has saved that memory since he was important.

And now here they are; With this intense connection which, defies every reason in the realm of Logic.

This whole attraction and connection is the pull of previous birth's knowledge and togetherness. They are to work and grow together. As, they saw their Guru blessing them for the same.

She came out of the trance dazed and confused and much startled like any rational being. First experience of past life always shake people. They have so many questions. What was it? Was my mind making stories?? But one way or other they get something to corroborate that something is real its different from stories. It can be their awareness about a totally different culture which they neither come across nor read or for that matter paid any attention as such. It could be meeting some prophet of some totally different religion, which a person never practiced, or for that matter believed in. Or giving information, which, could be corroborated in terms of time line and events.

Now she was Happy to understand the meaning and reason of her attraction towards him and his towards her. But we got some solid advise too. which I would like to share here.

- Interact and know each other on internet but for future planning wait to meet each other do not plan everything on internet.
- You are suppose to meet each other and continue your vow of learning and growth together yet, too much control is not good... loosen up let things take its own course take one step at a time. Means do not try to extract all promises at once or in this case online ☺ One step at a time.
- Know each other (in this birth)
- Be with each other.
- Respect each other.
- Be polite to each other.
- Care for each other's wishes and Dreams
- Keep each other your top priority.
- Never take word 'NEED' lightly from one another.
- Trust, complete trust is the key to go ahead.
- Be trustworthy to your partner.
- Mistakes are normal be kind and compassionate to each other.
- Truth is the key, to deep and meaningful relationship.
- Love is Ultimate.

With that, she left with stars in her eyes.

Happy beginning lead to Happy growth.....



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Mechanics of Stress and Trauma

Understanding the mechanics of stress is of great use when you want to offer TTT to somebody. Stress itself is not a bad thing. It is merely a response by our body and mind on perceived threat of any kind. It is meant to be a short-term condition that prepares and distributes our internal resources and soon declining when the threat is over. However, sometimes we get stuck in the stress state, which turns the healthy short-term reaction into long-term negative results.

The underlying mechanism is the collaboration of the two main parts of our nervous system; the sympathetic nervous system (SNS) and the parasympathetic nervous system (PSNS). The SNS is responsible for short term actions vital to survival, whereas the PSNS regulates long term actions vital to survival. In general, the SNS speeds up bodily processes and is responsible for the so called *fight-or-flight response* that most of us are familiar with. The PSNS on the other hand slows down bodily process and is mostly responsible for producing states for rest and rejuvenation, or the *rest and digest response*.

When in a balanced state of mind, we actually move dynamically between SNS and PSNS activity, literally in every breath we take.

Alarm Mode

When you are in actual, or perceived, danger and need to prepare for *fight- or-flight* your body relocates all resources in an instant to provide maximum potential for survival. This is a whole system of pre-programmed responses belonging to the sympathetic nervous system:

- Blood is drawn away from your *digestive system* to your arms and legs, because running and/or defending yourself is – in case of an emergency – more important than digesting food. In the short term this gives you maximum power and ability to react. In the long run this could give you constipation or digestion problems.

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- When the alarm center of the brain, controlled by the amygdala, hijacks your mind, blood is also drawn from your *frontal cortex*, the part of your thinking, logical and observing brain, located behind your forehead. This will leave you less oriented to thinking and more into reacting. In the short run this gives you fast reactions, whereas in the long run it will cause problems thinking straight, focusing and remembering.
- The stress hormone *adrenaline* affects your muscles. In the short term this provides peak power bursts. In the long run it will wear out your muscles creating a weakness.
- *Cortisol* is also released upon stress, and in the short run this will give you strength, but in the long run it will create a fragile internal landscape that opens up for more traumatic stress responses to be conditioned.
- You get *tunnel vision*, in the acute situation allowing you to focus on the most vital details of the current situation. In the longer perspective, you might have problems focusing on general issues of your life situation and those around you.
- Your *breathing* is elevated high in your chest, filling your muscles with the oxygen that in the short run will give you maximum leverage of power, and in the long run will cause problems falling asleep, since sleeping is something we don't do when we are in alert mode.

Fight, Flight, Freeze or Faint There are four common reactions of our alarm center – the amygdala – when we are overwhelmed or threatened. Remember that none of these is a conscious choice, they are happening on an instinctual level and therefore

they are sometimes called an *amygdala hijacking*.

Fight – “*I didn’t even think, I just hit everything around me.*

”**Flight** – “*I don’t know what happened, when I came back to my senses I was running in the woods.*

”**Freeze** – “*I don’t know why, but I didn’t protest, didn’t move, didn’t say a thing, I felt like it was happening to another person.*

”**Faint** – “*I just passed out.*”

Relax Mode When we feel safe we find ourselves in the realm dominated by the PSNS, which is organized for taking long-term care of us, rest and digest. This is where eating and digestion starts working properly including resting, socializing, sex, sleep and recreation.

Breathing – the foundation of relaxation

Of all symptoms involved, there is one that you consciously can control, and by doing so, you will affect all the rest: your breathing. Your breathing is the connection between what your body does without you thinking about it, and what you can control by thinking about it. Breathing is the link between your two nervous systems, a gateway to relaxation. A focus on breathing is what meditation, mindfulness, yoga, qigong and all holistic approaches have in common.

Re-Traumatization

There are methods for treating traumatic memories that require revisiting the feelings associated with these memories. For the nervous system of a person this can be the equivalent of experiencing the traumatic event again, actually reinforcing it. This is called re-traumatization and in our opinion, it should be avoided at all times. During all these years, we have never experienced the need to induce an abreaction to resolve a traumatic memory. This is one of the advantages of techniques like TTT: You do not need to talk about the event. You don’t need to relive it – just connect ever so lightly to the unwanted emotion, while performing the technique.

Single Event Trauma

Single event traumas are isolated events perceived as traumatic, for example an accident, violence, rape, or witnessing either of these. You know what happened and when, maybe even what time it happened.

Summary Trauma

A summary trauma is an alarm state that the amygdala may have created from a number of, maybe even unrelated experiences. Examples of situations that can contribute to create this kind of traumatic stress are events that happen separated by a period of time, like challenging childhood, followed by an accident or loss later in life. Neither of these events were considered traumatic at the time, but the sum of them can start triggering traumatic stress responses. A summary trauma can also be the result of experiencing stress over a long period of time, for example being a single mother to a challenged or sick child.

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The Snowball of Stress Responses

“Women who have been raped get traumatized, not only from the rape itself, but also from being pointed at by the others in the community. The shame is so bad that they get traumatized again. They often isolate themselves. A woman who gives birth after being raped will also suffer for that. And the children will be traumatized too since they are seen as offspring of the enemy.”

From a workshop with women in Mumoshu, Congo

Some traumatic stress reactions are related to our ways of rationalizing about what happened:

- Why did I survive and not everyone (guilt)?
- " Why did I not make more resistance when I was violated (shame)?

- I am a monster, how could I be so violent (guilt)? These thoughts can become a stress on their own, and since they are the result of an amygdala hijacking the rational answer is: You did this because, under pressure, your *fight-or-flight response* took over your rational brain and made you do what it thought was best at the moment for your survival.

Phobias and Allergies Once a plant surfaces over the earth, it has already spent a lot of time building the necessary roots underneath. Some stress symptoms can show up after more than 10 years and are often provoked into action by some other life-changing event such as a divorce, disease or even something positive like having children. Also, many phobias show up late in life after becoming a parent. A possible theory is that the brain, when taking the role of nurturing and protecting your genes, will scan back through every single memory of what to be careful about in order to protect your offspring, and sometimes this can lead to an unexplainable fear of flying or heights. Some allergies that show up late in life can be traced back to a traumatic experience, and resolved. Trying TTT on these symptoms can prove very helpful.

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

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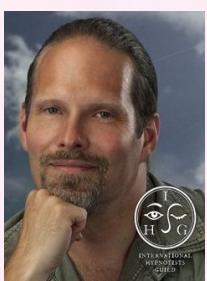
with in-depth knowledge and experience of
principles, methods and procedures

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 HeartNetwork 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.



**Wish you all a Very Happy New Year
2018**

Green Aventurine Meaning and Uses



It encourages one to “release attachment to outcomes” and to be more present in one’s experiences, embracing change, growth and renewal. (Philosophy of Srimadbhagvatgeeta)

Green Aventurine is known as the “Stone of Opportunity,” thought to be the luckiest of all crystals, especially in manifesting prosperity and wealth, or for increasing favor in competitions or games of chance.

Its winning energy makes it a great ally for boosting one’s chances in any situation

- a first date,
- tax audit, even
- landing a promotion.

One needs only to be near it to derive its benefits. [Simmons, 55][Eason, 285][Mella, 74]

This beautiful stone, however, is not merely an attractor of luck, but one that aligns conditions so “opportunity” is inevitable. Green Aventurine releases old patterns, habits and disappointments so new growth can take place.

It brings optimism and a zest for life, allowing one to move forward with confidence and to embrace change. It enhances one’s creativity and motivation, and encourages perseverance in maneuvering life’s obstacles.

It also reinforces one’s decisiveness and amplifies leadership qualities, injecting a sense of humor and openness to the ideas of others. [Ahsian, 56][Simmons, 55][Melody, 136][Hall, 73-74]

Aventurine is a variety of Quartz characterized by bright inclusions of Mica or other minerals that give a shimmering or glistening

effect to the stone, referred to as aventurescence, especially notable when tumbled or polished. Its name is derived from the Italian *a ventura* or *all'avventura*, meaning “by chance,” and refers to the Italian glass from the 1700s, produced when a worker accidentally dropped metal filings into a vat of melting glass. Once cooled, the result was pleasing with its randomly spaced iridescent sparkles, and it was used to make jewelry and other items. The name *Aventurine* was later given to the natural stone which looked like the industrial product. [www.wikipedia.org][Megemont, 36][Simmons, 55]

Aventurine is most commonly green, though it also forms in blue, red to reddish-brown, dusty purple, orange or peach, yellow, and silver gray. It is mostly translucent and often banded, but an overabundance of an included mineral may render it opaque. The color of Green Aventurine comes from Fushite particles within the Quartz, while shades of red, brown and orange are attributed to Hematite or Goethite inclusions. Peach and yellow Aventurine include Pyrite with their Mica crystals, Blue Aventurine contains inclusions of Dumortierite, while the purple variety is colored by Lepidolite.

[Gienger, 17][www.wikipedia.org][www.healing-crystals-for-u.com][www.luckygemstones.com]

Aventurine is also referred to as Adventurine, Avanturine, Aventurine Quartz, and Indian Jade. It is used not only in various forms for metaphysical purposes, but in jewelry, vases, bowls and figurines, as well as a number of applications such as landscaping stone, building stone, aquaria, and monuments.

Green Aventurine: Uses and Purposes

1. Green Aventurine carries a strong connection to Earth and the devic kingdom, providing a better understanding and appreciation of nature and its soothing vibrations upon the mind and body. **It is an excellent stone for gridding houses or gardens against geopathic stress.** [Hall, 73][Megemont, 36][Ahsian, 56]
2. Wearing Aventurine also absorbs electromagnetic smog and guards against environmental pollution. Taped to a cell phone, it protects against its emanations. [Hall, 73]
3. **Green Aventurine energetically stimulates the physical growth of premature infants, young children and teenagers.** It increases overall vitality and enhances the intellectual development of children struggling with schoolwork and

destructive hyperactivity.

4. It assists adults with written work, typing and computer skills, and is beneficial to all in overcoming clumsiness. [Megemont, 36][Eason, 285][Ahsian, 56]
5. Aventurine may be made into an elixir to drink or used in ablutions by soaking a stone fragment in demineralized water overnight (we recommend the indirect method). It is highly beneficial for fighting eczema, rosacea, juvenile acne, and other skin problems. [Megemont, 36]
6. Aventurine is ideal for soothing quick-tempers or brutal temperaments, and can greatly diminish the effects of domestic strife between spouses. [Megemont, 36]
7. For those looking for love in their mature years, Green Aventurine may be used as a love crystal or added to a Heart Chakra layout as it encourages love later in

Green Aventurine: Physical Healing Energy

- Green Aventurine is particularly supportive of the heart, and is excellent for those with
 1. cardiac conditions,
 2. circulatory problems, or
 3. recovering from surgery or illness.
- It stimulates life-giving energy throughout the body and engenders activity and movement while assisting in physical regeneration. [Ahsian, 56]
- It may give an added boost in efforts to lower cholesterol and in preventing arteriosclerosis and heart attack. [Gienger, 17][Hall, 74]
- Green Aventurine is also thought to benefit fertility and genito-urinary problems; eyesight, especially far-sightedness and astigmatism; dyslexia, dypraxia, and cerebral palsy.
- It assists in healing the adrenals, lungs, thymus gland and the nervous system. [Eason, 285][Melody, 136][Hall, 74]

Green Aventurine increases the power of homeopathic remedies. [Eason, 285]

It has an anti-inflammatory effect, easing skin eruptions, such as acne, eczema, and rosacea, and soothes allergies and migraine headaches.

Emotional Healing Energy

Green Aventurine's soothing energy balances the emotional body, guiding one toward inner harmony.

It calms nervousness, anger and irritation, and helps dissolve the everyday stress of a hectic lifestyle.

It quiets roving thoughts and enhances sleep while providing a gentle grounding effect on one's vibrational field.

It releases the notion that every event must be analyzed. [Megemont, 36][Hall, 74][Gienger, 17]

Green Aventurine also soothes emotional wounds, allowing one to recognize the issues behind illness or imbalance, depression or defeat, and to facilitate the release of unhealthy relationships, patterns and heartache.

It encourages one to view hardships in life as impermanent, as an opportunity for growth in a new direction, and for taking all things in stride.

It inspires a feeling of lightness, even humor, which can then stimulate a renewed sense of optimism, joy and hope. It is a reaffirming stone, especially during times of change or upheaval and can be the emotional anchor one needs to remain stable and firmly grounded.

Green Aventurine's Chakra Healing and Balancing Energy.

I must say it is one crystal which, as if increases the E.Q. level by making us more emotionally balanced; through its special healing powers 😊

It is a comforter and heart healer, used to clear and activate the Heart Chakra for general well-being and emotional calm. It is also a powerful protector of the Heart Chakra, providing a shield to block entry from those who would "tap-in" and use the energy of another. [Melody, 136][Hall, 74]

What happens, when the heart chakra needs healing:

The Heart Chakra is located near the center of the breastbone and regulates our interaction with the external world, controlling what we embrace and what we resist. Green Aventurine 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 foibles of others.

We may find ourselves having inappropriately strong emotional responses to everyday external stimuli.

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

Green Aventurine's Spiritual Energy

Green Aventurine is a remarkable harmonizer. It unites the intellectual, emotional, physical and auric bodies in bringing one back into a natural rhythm.

It dissolves negativity and balances the male/female energies, enabling one to live within one's own heart.

It encourages one to release attachment to outcomes and to be more present in one's experiences, embracing change, growth and renewal. (Philosophy of Srimadbhagvatgeeta)

Green Aventurine & Feng Shui

Green Aventurine utilizes Wood energy, the energy of growth, expansion, new beginnings, nourishment and health. It enhances vitality, brings abundance, and keeps us growing physically. Use green crystals to enhance any space used for eating, in the room of a small child, or in a place of your home where you are beginning a new project. Wood energy is traditionally associated with the East and Southeast areas of a home or room. It is associated with the Family and Health area, and the Prosperity and Abundance area.



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January

2018

Tarot of the Month “The Outsider”

You feel you are an outsider, Not free , Helpless. Well watch closely that Lock is open and chain is loose. Open it be your own individual and Move. Whatever is it you want to be. Whatever it is you belong to. Its all there, within your reach. Be it Spiritual, Material or Emotional. Be you and Be free.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
30	31					

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