

**" For I know the plans I have for you," declares
the LORD, "plans to prosper you and not to harm
you, plans to give you hope and a future."
'Jeremiah 29:11'**



Healing and Hypnotherapy

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**Selfishness is not living as one wishes to
live, it is asking others to live as one
wishes to live.**

Oscar Wilde

न कर्मणामनारम्भान्नैष्कर्म्यं पुरुषोऽश्नुते ।
न च संन्यसनादेव सिद्धिं समधिगच्छति ॥ ४॥
न हि कश्चित्क्षणमपि जातु तिष्ठत्यकर्मकृत् ।
कार्यते ह्यवशः कर्म सर्वः प्रकृतिजैर्गुणैः ॥ ५॥

One cannot achieve freedom from karmic reactions by merely abstaining from work, nor can one attain perfection of knowledge by mere physical renunciation.//Verse 4// Chapter 3
There is no one who can remain without action even for a moment.
Indeed, all beings are compelled to act by their qualities born of material nature (the three *gunas*).//Verse 5//Chapter 3

From The Desk

Lets Talk about Love, Heart and Heart Chakra.

Yes In Valentine month lets see: What is **Heart Chakra** or **“Anahata”**?

This is the area where physical and spiritual meet. The fourth chakra, also referred to as the heart chakra, is located at the center of the chest and includes the heart, cardiac plexus, thymus gland, lungs, and breasts. It also rules the lymphatic system. The Sanskrit word for the fourth chakra is **Anahata**, which means **“unstruck” or “unhurt.”**

“But Love hurts; so, how can it be **Anahata** or **Unhurt**? 😊

Well, the name implies that beneath the hurts and grievances of past experiences, lies a pure and spiritual place where, no hurt exists.

When our heart chakra is open, we are flowing with love and compassion, we are quick to forgive, and we accept others and ourselves. A closed heart chakra can give way to grief, anger, jealousy, fear of betrayal, and hatred toward others and us.

Sometimes people live in grief, they are hurt in Past but they feel hopelessness, hurt, anger. We can choose to let go of that hurt and be able to flow with energy. Our mind and ego may tell otherwise but it is simple and it is a choice, really.

How? Well walking in other people's shoe is not easy but for those who are naturally empathetic towards others' its easy to do.

But those who are not can practice empathy. Create scenario in your mind. What if :- He had a bad day. She heard a bad news. May be he has just lost his job or may be she has caught her husband cheating. These pretend scenario gives paradigm shift and intention removal, helps in healing hurt. This method, takes us away from self- pity and give compassion.

Now, let's suppose that there's a family member or close friend who just repeats a pattern of inflicting hurt on a constant basis. We can still offer love and compassion either from a distance or by setting boundaries. In any case, know that when someone chooses to hurt you, it's almost never about you. It's about them.

Physical heart chakra Signals

The 4th chakra is associated with the element of air and is located in the chest area. As a result, a lot of the physical symptoms of heart chakra imbalance are connected to the lungs, ribs, and heart. Look for the following: Hypertension, problems breathing, infection at the level of the lung, bronchitis, heart condition

Psychological and Emotional Heart Chakra Signals

When the heart chakra is deficient or closed, it may translate into the following psychological and emotional characteristics:

- Being withdrawn
- Avoiding socializing, social interactions
- Being overly critical of others and oneself
- Lacking empathy
- Feeling isolated

Physically one may have high blood pressure, Lungs infection, etc..

If the heart chakra is overly open, it may translate into:

- Being overly demanding of others, especially close family or partner
- Extending yourself to fulfill other people's perceived needs to the cost of one's own balance
- Tendency to feel like a victim

Losing sense of personal boundaries in a way that is detrimental to your well-being

Physically it leads to heart conditions. Low B.P.

Lets Love and if we get hurt we know how to heal. Lets heal us with

1. Compassion.
2. Meditation: focusing on breathing and Anahata. Softly see that hurt is evaporating like mist and heart is filled with light. Light will appear in right colour (colour it needs) to heal. It could be any colour though green is said to be the colour of heart chakra. but, healing light can be of any colour according to the need.
3. Crystals; place it on the heart chakra for few minutes and seek its help to heal you. Jade, Aventurine Rose quartz or Malachite are best for it.
4. Music, when we feel low upbeat music helps and when we feel Hyper calm and soothing music helps. Music is the best healer. Here is one from you tube I will specially recommend to heal heart chakra.

<https://www.youtube.com/watch?v=8DnQ-nsjcs0>

So lets have a Heart to Heart in this month's journey. ☺

Our first Heart warming information comes from Dr. Bruce E. Kaloski. In his "Past life and level of consciousness." As the name suggests it talk about another intriguing concept ; Level of Consciousness. Thank you Dr. Kaloski for such intriguing read.

Our second Heart felt Piece , comes from Shanti Chainani as to " How to create your affirmations ." Very detailed well put read. Enjoy. Thank you Dear Shanti for this rich gift.

Our third Heart touching work comes from Neha Sharma with her write up full of Joy of Sharing..... So lets see what's in it. Thank you Neha for your point of view

Our Fourth Heart Rendering write up is "Emotions, Thoughts, and Behaviours" By Gunilla Hamne and Ulf Sandstrom. Do read it its so well put. Thank you Dear

Our fifth Heart filled nugget is from A Prakash " Hypnotherapy and its effect on Mental and emotional Issues." Another part of his previous write up which was based on physical issues. Thank you Prakash, as always ☺.

Our sixth Sparkling Heart is our Master Healer ,“Clear Quartz” with me (Varsha). So lets Amplify; Happiness, Love and our Growth with it.

And Seventh Heart’s Desire is our Tarrot of the month of February. And, your calendar of the month.

I love you all with all my Heart. Happy Valentine Month. Month of love with a promise of Life of love.....

Love and light to all



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Past life and Level of Consciousness

My particular area of expertise is hypnosis (and has been for more than 40 years) and what I know about things like massage, bodywork and Shamanic Journeys you could put in your eye and it wouldn't hurt, any discussion of the methods used to elicit Past Life memories will focus on the utilization of hypnotic techniques to induce an Altered State of Consciousness.

Now, let's look at levels of consciousness. Our "personal consciousness", or self-awareness, has at least two and - depending upon, who you want to believe - possibly four or more layers, or sub-strata.

First is the conscious mind which represents our everyday, ordinary awareness. It's the part of the mind with which we reason and are aware. It's critical, analytical and rational.

Beneath that - and I'm not sure that the word "beneath" is the best word to use but in a metaphorical sense it works because we talk about going "down" into the subconscious - but anyway, "beneath" the conscious mind is the subconscious mind. As opposed to the conscious mind, the subconscious is non-critical and non-analytical. It doesn't analyze or rationalize in the strict sense of the word but rather it accepts everything that is told to it as true as long as what's told to it is reasonable, acceptable and in its best interests.

The subconscious mind is also the repository of all our experiences, memories, dreams, hopes and expectations. It's responsible for our habits, attitudes, belief systems, and paradigms. The subconscious mind motivates much of our experience in life without us being aware of it. We repeat patterns, live out ingrained expectations, follow its dictates.

Beneath the subconscious is the unconscious or, more precisely, the Collective Unconscious as Carl Jung called it. This is a theoretical construct. It's largely a matter of personal belief because, to my knowledge, no one's been able to prove that it exists. For that matter, no one's been able to prove that Past Lives

exist. And, as far as I know, no one's ever done an autopsy on a brain and said, "Aha! There's the subconscious mind." Anyway, Jung's Collective Unconscious is where family and racial memories going back into pre-history are recorded. We may also describe it as a universal library of human knowledge - the very transcendental wisdom that guides mankind. The Collective Unconscious is global and universal; we share it with everyone else.

Surrounding all of this - the conscious, the subconscious and the Collective Unconscious - is the fourth strata, the "higher consciousness of our spiritual self", as it's sometimes called. Those who believe in this concept also call it the "Higher Self". Time doesn't exist for this higher consciousness. This consciousness is past, present and future – there is no distinction. Higher consciousness is more than global; it's cosmic; we are everything at this level. In a Past Life Regression, all these levels of consciousness may be activated at one time or another and to one extent or another.

As mentioned previously, Past Life Regression is one of the most fascinating and controversial of all hypnotic phenomena. It's fascinating because subjects undergoing Past Life Regression may give vivid, detailed and often seemingly convincing descriptions of another life they purportedly have lived. It's controversial because it involves the concept of reincarnation .

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



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*****How to create powerful affirmations for yourself.*****



I EXPAND IN ABUNDANCE,
SUCCESS & LOVE
EVERYDAY AS I INSPIRE ALL
THOSE AROUND ME TO DO THE
SAME. I AM SUPPORTED AND
DESERVE ALL OF THE
BEAUTIFUL GIFTS COMING
MY WAY. I LOVE MYSELF.
EVERYDAY, I'M GETTING
BETTER AND BETTER.
I AM SO GRATEFUL FOR THE
MIRACLES I EXPERIENCE DAILY.

The dictionary meaning of an affirmation is; a statement or proposition that is declared to be true.

Many years ago, I was introduced to the world of positive affirmations. As this was all so new to me, I got excited that now I can attract better things into my life. I diligently started repeating positive affirmations, even carrying along with me affirmation cards and writing them down in places where I could frequently see them.

I repeated affirmations for being happy, having more money, better health and self-esteem. The thing is that, every time, I said a positive affirmation, there would always be another part of me saying this is not true because the reality I was facing, was far from the “truth” written on the affirmation card.

I felt like I was lying to myself with all this wishful thinking. Soon I lost interest in them. The affirmations just became a bunch of words that did not hold true for me, as I was not feeling their truth. I became disheartened, as I was not seeing the reality of what I was affirming.

I began to question myself if affirmations do really work. My family and friends regarded it as some form of hocus-pocus and I felt really discouraged. But years later, when I stepped into the world of hypnotherapy, I understood why the affirmations were not bringing

me the results which I wanted. I now had the missing link as to why the affirmations did not feel true for me whenever I read them.

As a hypnotherapist, who understands the inner workings of the subconscious mind, I can now see clearly, why the positive affirmations were not working for me. The positive affirmations were bumping up against my subconscious beliefs, which were my “perceived” personal emotional truths and the powerful subconscious mind will do everything to prove my personal truths as correct.

Thus, the affirmations had no power against my subconscious beliefs. This was the reason why I was not seeing any changes in my outer world.

My inner world of subconscious beliefs were still in control and those beliefs had a powerful purpose of protecting me, even at the expense of keeping me miserable and stuck with old ways of thinking, feeling and reacting.

My subconscious beliefs were creating their own set of affirmations in the form of automatic negative thoughts and feelings. Ironically, as I reacted to the automatic negative thoughts and feelings, I was re-affirming and reinforcing my limiting beliefs. It felt like having one foot on the accelerator and one foot on the brake.

When I finally found the missing pieces of the puzzle, it was a great moment of insight for me. What I was affirming, was in conflict with my subconscious beliefs. Most of our beliefs are hidden away from conscious awareness.

For example;

1. if my subconscious was programmed with the idea that complaining about things is the only way I could get some attention then it would always show me a reality where I would find lots to complain about. Now you may think this is so weird, that's precisely what I thought until I discovered that, the true purpose of the subconscious was to get me attention.

Perhaps as a child, I longed for attention and this was the only way I could get my parents' attention. It did not matter if my behaviour was perceived as good or bad as long as I was fussy about things, it got my parents' attention. As an adult, this belief is still there within my

subconscious. As I am read an affirmation that says, "Today is a happy day"; that is going to clash against my subconscious belief. This is all happening automatically without my conscious awareness.

My subconscious belief will not only show me things to fuss and complain about but will also create circumstances which, I can complain about. I will even attract people who complain about me being fussy.

Let me show you a scenario. I wake up in the morning and it's a beautiful, bright sunny day but the belief I hold within, will paint a different picture in my reality. It will generate a train of automatic negative thoughts such as its too hot, why the air conditioner isn't cooling enough; the service people are not doing their job properly, it was a mistake giving them the service contract. Throughout the day, the subconscious will continue to bring into my attention things to fuss and complain about. It can be the traffic, weather, food, people and situations.

I keep on re-affirming this pattern of thoughts automatically, thus reinforcing the subconscious belief. Now, all this is happening out of my conscious awareness.

So, how then can we write affirmations which, break our automatic thought patterns and make us mindful and aware of new ways of responding? Before writing an empowering personal affirmation, we need to understand few basic rules of the beliefs we already hold within us. I discovered some simple basic rules from my years of education and from working with so many clients.

1. Beliefs are generalizations.
2. Beliefs will distort our view of the world.
3. Beliefs will delete any new information that conflicts with it.
4. Beliefs will dictate what we can do or cannot do.
5. Beliefs give you permission to what you can see or cannot see in your reality.
6. Beliefs will manifest a reality according to what you believe.
7. Beliefs direct what you give attention to and what to focus on.
8. Beliefs will gather evidence to reinforce the belief. This becomes a

self-fulfilling prophecy.

9. **Beliefs are emotionally driven, which makes them extremely powerful.**

10. Beliefs dictate how we react to our world, to others and to ourselves.

The good news is that, beliefs can be changed. We are not born with limiting beliefs. Our beliefs are not written in stone. Since beliefs were created from our own perceived “truths”, new empowering beliefs can be created, if they feel true to us. Your personal affirmations must be aligned with your new truths. The new affirmations when repeated frequently will begin to loosen the rigidity of the old limiting beliefs, which will eventually lose power and collapse.

So let's go back to the earlier example of the affirmation “Today is a happy day.”

How could I re-write the affirmation, so as to feel the emotional truth behind the words? A more truthful affirmation for me would be; “Today I choose to remain calm and flexible, to accept people and situations as they are, I can only change things which I have control over. I take full responsibility for my emotional wellbeing.” This feels true to me when I say the words out loud, so I know that I am emotionally congruent with this statement.

As I keep repeating this new empowering affirmation, my subconscious will accept this new idea as it feels true to me and eventually it becomes a new belief. This new belief empowers me to take responsibility of my own emotional wellbeing. A powerful new belief needs to have the very important “emotional quotient” within it, which makes it true for me. So now when I find something to complain about, this new belief will kick in and allow me to look at things differently.

I become more mindful and respond to situations appropriately. I will no longer react habitually from my old pattern. My subconscious mind will now generate thoughts and feelings of remaining calm, and being in control. As I keep repeating this new pattern of behaviour, it will become automatic. This is true transformation.

There are simple rules to writing great personal affirmations. The affirmations should be stated in the positive. The words must emotionally connect with you. It must feel true to you. It has to be stated in the present tense. It has to be something you believe is possible. It must be something that opens you up to new possibilities. It should empower you to look at the broader perspective, and experience the world through a new set of truths.



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Let's Share, Trust, And Learn
Ultimately, "Grow".



We all know what sharing is ...

We share things as gift or charity, this we can call material sharing. Then there is emotional level sharing where we share our emotions with other(s) like sharing our pain and happiness, next level is mental sharing it's like sharing your ideas and thoughts etc. and last but not least "spiritual sharing" here we share our experiences attain through anything or everything in life, it can be meditation, being with nature or fellow human being, our work or simply observing things, people and events around the world; in short experience is something that help us grow and that is unique to every individual, it might look similar to certain degree yet it is unique we can call it learning/knowledge as well.

When we share problems we see we are not the only one going through pain & problems there are many with worst situation still their smile is intact and there is no cribbing at all, and there are many who have similar situation as we do, so we know we are not alone there are many like us ... it's just that we all have different learning.

Sharing save us from many things, like we don't need to go through all kind of situations we can learn from each-other's experiences. Writing and reading book/article is also form of sharing, the one who is sharing make this learning more pronounced in his/her own mind and the one who is reading is getting insights in different type of things which, at times can relate to their situation, gets better understanding of their own life and get answers how to move ahead.

In Today's world we all have many friends on social network, socialize with many, work with many but how many people we have where we can bare our soul, where we can be ourselves ...?

Rare are the people who have such kind of person in their life. In present time people are lonelier even though they have family and friends, trusts level are low; most of the relations are based on need.

Solution to break this pattern is to share and care. **To build trust we need to share our love and experiences. We need to communicate.**

You must be wondering how sharing is relevant to this magazine that is related to Hypnotherapy... well, many hypnotherapist/ past life regression therapist write any book with different cases or any experiences related to therapy. People read that book and those who are interested into this field are the one who go for deep research and lots of reading. Sometimes seemingly radical things are very difficult to believe for people because they think why only this person felt all these things and if it is true then there must be some more examples (Rare are the people who go deeper in their doubts and research or search things).

This magazine is one platform provided to **SHARE** experiences of different therapists from all over the world so, many people reading this can see it is not anyone's imagination but, reality more subtle, and experienced, not by one person, community or country but many people from different cultures, countries and religious belief. So now we can see how it is relevant to this magazine, here we share how and what we felt during therapy from our

methods and techniques that we used, to what we experience or learn to unfold life's mystery.

It's a win-win situation; during therapy when clients share their issues they feel lighter already while talking to therapist and after therapy almost all the time their issues resolved. And for therapist it's learning how every life holds unique story, a learning curve and experience; yet, how they are intertwined.

Sharing is a funny thing when we share our pain it decreases and when we share our happiness it increases 😊 so share more. Looking forward to read more experiences of different therapists and share more of mine. Thank you



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Emotions, Thoughts and Behaviors

In our body and mind there is a constant dialogue between emotions, thoughts and behaviors. We find it helpful to reflect on these interactions to understand how techniques like Trauma Tapping (sensory input) can alter emotions connected to memories or other signals to our senses.

Emotions

An emotion is technically a state of consciousness in which various internal sensations are experienced. Emotions can be produced by a thought, a memory or an external motivator triggering one of our five senses (sight, touch, sound, smell or taste). An emotion can often change our physical state by causing our body to react in different ways, controlling hormones and glands as well as the immune and defense systems.

An interesting aspect of our emotions is that it is only possible to feel most of them one at a time. It is hard to be happily angry or hysterically calm. When an emotion is strong you can switch from one feeling to another at the same strength: for example from scared to angry to laughter.

Thoughts

A thought may seem simple enough, but have you spent a thought thinking about how you actually create a thought? To create a thought you need to observe a thought or access a memory, which is associated to one or more of your five senses: an image (still or moving), a sound, a feeling, a smell or a taste. These memories are labeled by your rational brain, where language resides, into a cluster of information that holds a specific meaning to you. This is why the smell of roses in combination with wet feet can trigger the memory of a grand-mother and being young, safe and happy for some people, and a feeling of hiding in the garden from a violent drunk parent for others. Ultimately, thoughts are our way of processing memories and

giving them meaning.

Behaviors

Behaviors are things we do, whether by conscious choice or not. These include:

- **Bodily expressions** of our current state of mind, such as fidgeting or biting nails because we are restless
- **Bodily sympathetic actions**, such as sweating, high breathing, blushing, heartbeat
- **Compulsive behaviors**, such as smoking, drinking or doing something else compulsively and excessively
- **Positive Intentions** Instead of trying to find a negative label such as a *disorder* or *syndrome*, we take the perspective that every behavior has a positive intention. Find this intention and you will be able to redirect to another behavior if the current one isn't filling your needs. An example of this is anxiety: If you feel anxiety there is a reason. The reason may not be relevant to anybody else, but for some reason it is relevant to your conscious or subconscious mind. And to feel it, you need to actively do something, consciously or subconsciously: Perceive a stimulus in the form of a sound, smell, sight, situation or feeling, or bring up the memory of one. For example, the positive intention of
- **Anxiety** is to put you into alert mode to avoid a life threatening situation
- **Aggression** is to put you into a defense mode
- **Shame** is to alert you that something you just did might not be in your interest in the long run
- **Guilt** is to make you remember to avoid certain behaviors
- **Nightmares** are for your subconscious mind to "let the steam off" certain issues

- **Flashbacks** are to remind you to beware of a life-threatening situation
- **Problems sleeping** can intend to make sure you don't sleep through a life- threatening situation, or prompting you to resolve an emotional conflict.

All these behaviors are designed for short term use, in the sense that they are meant to put you in an alert state to save your life or remind you of something. If you stay on constant alert a longer time, chemicals will be produced in your body-system that is unfavorable.

We propose that TTT can help the nervous system turn off this alarm, allowing a person to look for the positive intention, and addressing it in a more favorable way.

(Excerpt from the book “ResolvingYesterday” authored byGunillaHamne and Ulf Sandstrom)



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www.peacefulheart.se
& www.selfhelpfortrauma.org.

Hypnotherapy and its effects on Emotional and Mental Issues

“Our thoughts creates our reality” or “our world around us is reflection of the world within” are the common phrases we often hear nearly every other day.

Few believe in these while other rejects such ideas. And still ther is a vast majority keeps pondering over the implications and possibilities of these phrases.

As a therapist, working with human consciousness, I can vouch for the truth of these statements. We are the products of our thoughts and emotions. The state of our mind directly reflects in our behaviors, performance and interpersonal relationship. Implication of the idea are enormous as if open the gates to the endless possibilities of transformation and metamorphosis. From mundane to extraordinary, researchers have always found the correlation between the thoughts, emotions feelings and, overall well being of an individual fascinating. Conducting innumerable experiments and studies. They have established beyond doubt.

That the thoughts and emotions directly effect the body . On one hand happiness , hope, Love, Security etc.. create a healthy vibrant and energetic state of body while on the other hand fear insecurity , hate jealousy guilt etc.. creates a degenerative cocktail of hormones which act like poison towards sense and tissues and long time exposure to such emotions creates “dis- ease” that is a state when our body is not at ease.

Mind being the master of all can lead us to create a natural haven within and around us. While at the same time, can also drown us in the dark depths of depression agony pain hurt and cause chronic illness.

We often hear people say “ I get butterflies in my stomach (tummy) when I see him/her or his/her presence gives me a heartburn.” What’s interesting in both instances is that visual and emotional

triggers are causing tangible physical symptoms/ effects leave alone the rush of hormones that happens in both cases.

As hypnotherapists we can tap into this power of mind to create the state of well-being and heal not just mental and emotional aspects but the associated physical traumas and hurt too.

Not long ago I had a client who came to me with 'unease in his chest and a persistent feeling of feeling low in the recent past, after his break up with his partner clearly the hurt of break up was causing Havoc on his mental and emotional well being and manifesting as physical level as a feeling of tightening – pain – unease in his chest region.

Use of simple technique of Hypnodrama gave him new understanding of the situation it helped him view the situation objectively thereby giving him immediate relief from the discomfort in his chest region. Later we use other modalities like event recall and evaluation even seeking guidance of his astral guides we were able to create a new and healthy objective oriented view of the whole situation giving him a feeling of calmness, relaxation and awareness.

Like wise different tools and protocols of Hypnotherapy can be used to resolved and heal a wide range of emotional and mental issues and traumas.

Childhood imprints have been found to be one of the major triggers of a variety of negative and detrimental emotional and mental patterns. A majority of population has issues of ' body image' most of which are results of adverse body image created during childhood. Even casual remarks of parent siblings and close family members create lifetime imprints on the tender psyche of the child. There are innumerable stars and celebrities who have shared such tales, and how they still feel insecure about certain aspects of their personality.

Simply because they, as children were laughed mocked or ridiculed for things like body type, height, complexion facial features or bodily shapes even accent etc..

Likewise a lot of client facing emotional and mental issues shared tales of having suffered child abuse, molestation or inappropriate touch during their childhood few remember these incident others don't as they might have 'Blocked' it but given chance they recall it all and heal themselves. These incidents are common to both male and female clients but the percentage of female clients who report having undergone such incidences is much higher than their male counterparts.

Most of these cases have issues of distrust and suppressed anger Majority of them have deep guilt issues and face blocks in handling normal healthy relationships. A lot of them have strong prejudices regarding sexuality. They as adults may not even be aware as to why they react and respond in a certain way in their physical relationships. As the unhealed situation of past have effected their psyche as adults too. They constantly strive to have happy healthy relationships but the unhealed wounds of the child within blocks them in unexpected and unknown ways, which the little child devise to protect himself when he or she was helpless confused or traumatized. And they end up attracting insensitive life partners too as per their own unhealed frequencies.

Protocols like 'Timeline re-imprinting, Anchoring and Inner child work can heal with amazing long lasting results while addressing such cases of childhood incidences.

Like wise integrating positive affirmations with self hypnosis, the clients can be empowered to heal themselves.

Releasing suppressed anger and healing the hurt is integral to all cases of childhood incidences, additionally forgiveness and release of grudge against the perpetrator is key stone to heal in totality.

These protocol may or may not wipe out the memories of those event but can certainly go a long way to help the client to go beyond the associated hurt guilt, shame and anger and release the blocks that may be hampering their current life.

Likewise Fears, Phobias, insecurity, anxiety etc.... have to be explored not just from the perspective of presenting issues. But we as therapist need to explore deeper and try reaching the root cause or the 'First trigger'. For it is only when we can dissolve and

heal the first trigger that we can insure that similar situations will not cause a relapse in future.

Hypnotherapy with its power to go beyond the conscious mind holds immense potential to resolve and heal the mental and emotional aspects of an individual. As therapist we must make an effort to explore the higher perspective and reason for occurrence of such issues and guide our clients to explore those answers to expand their understanding and awareness not just about the issue in question but also about themselves and their life lessons and their purpose In totality of their ' Being'.

We as therapist hold the responsibility of opening that window for our clients from where they can see beyond the mundane and explore the light within.

Love and Light; Today and always.



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Clear Quartz or Master Healer.



In the metaphysical world, Clear Quartz crystals are the supreme gift of Mother Earth . Even the smallest is imbued with the properties of a master healer teacher.

Ancients believed these stones to be alive, taking a breath once every hundred years or so, and many cultures thought them to be incarnations of the Divine.

Today 's healers agree , believing crystals are living beings , incredibly old and wise , and willing to communicate when an individual is open and ready to receive . Wearing , carrying or meditating with a Clear Quartz crystal opens the mind and heart to higher guidance, allowing the realm of Spirit to be transmitted and translated into the world of physical form.

Resonating at the level of an individual's needs, Clear Quartz also amplifies whatever energy or intent is programmed into it, and continues to broadcast that energy throughout the world and into the etheric realms.

- This may accelerate the fulfillment of one's prayers,
- intensify healing or spiritual growth, or
- simply allow the crystal to hold a pattern of energy long enough and strongly enough for the manifestation of a goal to occur.

"Quartz crystals are the manifestation of the Creator's finest hour of expression . The are windows of light with many facets which show the myriad dimensions of life created from cosmic dust in an

ever expanding universe. Divine plan as foreordained that all expanding life revolve around one common denominator, quartz crystal.

Through frozen solidified light all creation could be monitored and assisted through the evolutionary process."

Throughout history, Clear Quartz has been valued by nearly every civilization as far back as Atlantis and Lemuria, **where the sun's power was believed to be harnessed through a crystal as a source of solar energy refraction.**

They, along with Native American Indians, African tribes, ancient Egyptians, Aztecs, Romans, Scots and countless other cultures used Clear Quartz in diagnostic healing, meditations and spiritual development, as religious objects and in funerary rites, and to dispel evil and magical enchantments.

Quartz Uses and Purposes –

- Quartz crystal is valued for its piezoelectric and pyroelectric properties, by which it can transform mechanical pressure or heat into electromagnetic energy, and vice versa.

- Its ability to focus, amplify, store and transform energy is used throughout the technology world in ultrasound devices, watches, microphones, radio transmitters and receivers, memory chips in computers and other electronic circuitry.

- The same properties of energy amplification, programmability and memory also make Clear Quartz the most versatile and multidimensional stone in the mineral kingdom for:

- Healing,
- Meditation,
- Expansion of consciousness,
- Communication with guides,
- Past-life recall,
- Attracting love or prosperity,
- Or, virtually any purpose.

However, with this power comes responsibility.

To benefit from Rock Crystal's blessings, one must feel in harmony with it and deserve its gifts. **Intent other than for good inevitably brings harm back on oneself.**

Clear Quartz is excellent for amplifying the energies of other stones or to enhance groups of stones, and is ideal for gridding. It is the perfect base material for wands, staffs, templates, etc., **and clear crystal spheres have long been used for crystal gazing.**

Crystals are professional support stones for artists, stylists, doctors and healers, inventors, musicians, and those who work in media.

Clear Quartz produces a force field of healing negative ions while clearing the surroundings of positive ions, protecting the aura. It dispels static electricity, and cancels out the harmful effects of radiation and radioactivity.

Clear Quartz brings strength and clarity to the intellect, aiding concentration and memory retention, and filtering out distractions.

Its hypnotic quality is conducive to sleep, helping one to understand the messages and lessons conveyed during the dream state

A useful tip:

As an energy saver, Clear Quartz attached to the fuel line in a car is reputed to reduce fuel consumption.

Quartz Physical Healing Energy

Clear Quartz is a master healer crystal, and may be used for any condition.

- It stimulates the immune and circulatory systems, enhancing energy flow and bringing the body into balance.
- It has been used to treat migraine headaches, vertigo, in stabilizing dizziness or motion sickness, and
- It is believed to assist with metabolism, exhaustion, and weight loss.

A Crystal elixir taken internally has been used:

- to eliminate toxins from the system and to aid in the treatment of

digestive disorders,
kidney and bladder infections, and
to cure diarrhea.

The indirect method of preparation is recommended.

Clear Quartz soothes painful or injured areas, A topical elixir is also beneficial in treating skin disorders.

Quartz Emotional Healing Energy

Clear Quartz acts as a deep soul cleanser , purifying and enhancing the body's internal structure and surrounding subtle bodies to connect the physical dimension with the mind. It focuses on inner negativity and stimulates positive thoughts and feelings in its place. With a better perception of the world, Quartz increases awareness and clarity in thinking, and provides enhanced energy, perseverance and patience , teaching one to live, laugh and love with all of humanity.

Quartz Chakra Healing and Balancing Energy

Because Clear Quartz has the prismatic ability to vibrate its energy at all of the color frequencies , it not only harmonizes all of the chakras, but can teach us how to vibrate our seven chakra centers simultaneously while maintaining perfect alignment with the light. [Raphaell, 51]

Clear Quartz is particularly useful for stimulating the Crown Chakra. The [Crown Chakra](#) is located at the top of the head, and is our gateway to the expanded universe beyond our bodies . It controls how we think, and how we respond to the world around us. It is the fountainhead of our beliefs and the source of our spirituality.

It connects us to the higher planes of existence and is the source of universal energy and truth. When the Crown is in balance, our energies are in balance. We know our place in the universe and see things as they are. We are unruffled by setbacks , knowing they are an essential part of life.

Quartz Spiritual Energy

Like humans, each Clear Quartz crystal is unique, each with its own personality, lessons, and experiences. The crystals attracted into one's life are stones that will in some way help facilitate

personal growth and awareness. They may work subliminally in unawakened minds, but for those spiritually attuned to the universe Quartz crystals are like beacons of light and positive energy to be used in daily thoughts, feelings, words and actions and integrated onto the earth.

. Its natural tendency is for harmony and brings a sense of purpose to those who resonate with it.

Meditation with Quartz

Clear Quartz filters out distractions and helps to empty the mind, especially when placed at the Third Eye. It allows for a feeling of "oneness" and provides for a deep meditative state.

By visualizing an image of one's intent or desired outcome within the crystal. During a meditative session, Clear Quartz provides a powerful psychic amplification.

The crystal "remembers" and magnifies the pattern of energy, so using the same crystal in repeated meditations allows for the opportunities and power of the focused intent to manifest into reality.

Programming the Quartz in this manner assists one in achieving virtually any goal in inner or outer life.

As a note of caution, all such manifestations have their first and strongest effects on the one using the crystal, so negative purposes will inevitably bring harm back on oneself.

Quartz Feng Shui

Clear Quartz crystals are perfect "energy dispersers" in any window. As a natural prism, they take light and energy from the sun and disperse it freely within the room. They offer an indoor sun world for warmth, strength and vitality.



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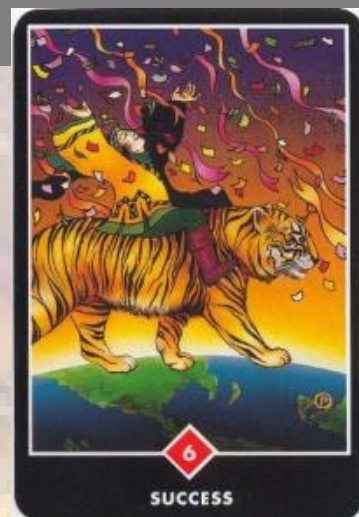
Tarot of the Month

" Success"

Here is the month of Success, in any of your venture. So what are you waiting for, hop on, ride this tiger of success. and enjoy .

This month brings joy of success. Go ahead grab it, Shun all your insecurities. It is a right time to take step for anything which you thought may be.....? Time is ripe and success is ready.

Get out of your own way and throw those insecurities out too.



| 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 | 28 | | | |

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