

"You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.". 'Isaiah 26:3



Healing and Hypnotherapy

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Yogesh
Chaudhary

IF YOU WANT SOMETHING
YOU'VE NEVER HAD,
THEN YOU GOT TO DO SOMETHING
YOU HAVE NEVER DONE.

यो मामजमनादिच वेत्ति लोकमहेश्वरम् ।
असमूढः स मर्त्येषु सर्वपापैः प्रमुच्यते ॥ 10.3 ॥

The seeker who come to realize that, I am unborn, unlimited,
forever and Infinite; becomes free from all karmas॥10.3॥

Srimad bhagvatgeeta: Chapter 10 Verse 3

From The Desk

When stars move and time goes by, we think of beginning. We all like to go back time-to-time
But not this time, this time I offer you to go ahead and lets take this road the other way round.....

Let's go to the End

End..... Where we have finished everything and ready to leave.
Imaginewe know we are at the last day of our life and Now begin.

Begin from where we are right now, Lets see what all have we accomplished by then who are those people we want around us .

What have we done in terms of our life , our societyour career and our relationships.

How and where we see ourselves. Let's create a complete plan. Which begins from the perspective of our last day on earth. What and Where o we want ourselves .

Lets design it and decorate our blueprint what do we want to create in terms of this scene called life on this planet.

So what are we waiting, we are a creator lets begin.
One caution: Make what YOU WANT!!!
Be Specific. “Don’t wants” won’t work ☺

Think about YOU, centre point is you..... No negativity towards others or negative thoughts will bring negetive result.

This Map can be many thing: its not just a clarity map but it's a correction map too since now we know our goals we can start correction in our ways now. Its our Life driving map yes with plenty of freedom to deviate. Cause with every improvement our last day

will grow towards perfection. So many things may be achieved way before and our last day goals will get better and better.

With this we will start exploring Free will, and its power in our first write up. But, before that I would like to inform our readers and writers that, from this month onwards we are starting a new tradition. Our cover page will be the picture of one of our writer's. We will take one by one all our writers. It is not just our way to acknowledge their commitment and Love but show our gratitude to them to be our team in this awareness-creating mission. It will be information to our non-hypnotherapist readers as well.

We begin, with "Yogesh Chaudhary" One of the senior Hypnotherapists in terms of experience. Apart from other modalities, He is mostly into Spiritual hypnotherapy. There is a little chat with him too. So lets know our Healers and Hypnotherapists a little more from this issue onwards.

"Freewill" By Dr. Dhiraj Nanda. Is so much en-sync with the idea of collective consciousness, or God within, that; what we decide prevail. However a little reflection here; Is it important to stay in marriage for children or more important is to give right meaning of life partnership to them, with the other person, someone with whom, they can see you living a beautiful marriage.

And, understand that things can go wrong but marriage is not some kind of dreaded imposition to go on. Besides happy atmosphere raises happy and healthy children.

Broken marriage creates trauma yes but this kind of imposed marriages gives pretend behavior, lack of self confidence, dread from marriage and inability to be a right kind of partner to someone. Quite a thought provoking read really.

Next in line is our new family member "Thomas A Hilton Jr " with his "Thumbs up to Hypnosis, Literally" , It's a testimonial to Hypnotherapy and its capacities. Really guys a must read.

Our third call comes in an intriguing question, "Fear of failure or Fear of Success" Neha Sharma once again with a very interesting point to put across.

And here comes Yogesh Chaudhary's Conversation with Subconscious. A must read specially in terms of understanding our existence.

With it we move on to read Dr. Bruce E. Kaloski's "Theories to understand past lives" what a progression. Go for it.

Dear A Prakash, Your explanation of Spiritual Hypnotherapy has finally compiled the whole series; Physical, Emotional, Mental and now Spiritual Hypnotherapy. Our non-Hypnotherapist readers can get a very good idea as to how Hypnotherapy is so powerful medium. Lovely read.

Of course here is the crystal of the month with me (Varsha) We have "Tiger's Eye to explore perfect energy balance of Sun and Earth How? Come on.. Go read!!!

And here comes that little chit chat with "Yogesh Chaudhary", Our hypnotherapist of this month.

And Of course month's Tarot with calendar is there. Enjoy.

We are celebrating a festival of colour here India. So wish you lots of beautiful colour in your life. Colour of Love, Prosperity, Peace, Happiness May you all have a very colourfull day and your whole life.

Love and light and beautiful colours ☺



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Freewill

Amid Christmas get-away of 2017 one of the patient's sibling, came to me from USA to correct the discord in his married life. The conflict in relationship of that couple had developed so much that they converse with each other scarcely twice or thrice in months, when they would have dinner together. They were living together just for their children.

As I have been successful in relationship issues, between many such couples, through Hypnotherapy, this man's sister brought him to me. Two sessions were endeavored with no achievement. Amid the third session, as it has occurred in numerous sessions, I could feel the proximity of a master or higher energy.

It was Mahavata Babaji. The man was still in hypnotic trance. Mahavata Babaji asked me to ask this man who spoke the words, "All the connection between you and me is finished. There is no obligation of connection between us. It stopped to exist until the end of time. All the relation between you and me is over. Whether he used it or it was his wife".

I asked this man, who was still under hypnotic trance, "Who has used these words that all the connection between you and me is finished. There no obligation of connection between us it stopped to exist until the end of time. All the relation between you and me is over. Whether you said this or it was your wife?"

The man replied, "Maybe I have spoken these words to my wife."

Mahavata Babaji asked me to ask him that how many times he has used such words. When I asked this man he replied many times. Mahavata Babaji then explained me that you are attempting to improve relationship between this husband and wife against their freewill. He explained me that this man has come all the way from USA under the pressure of his elder

sister who has brought him to you. Mahavatar Babaji asked me stop the session as I was doing it against the freewill of the concerned parties.

Nobody is permitted to meddle in the freedom of others. This freedom is called free-will. It is essential to understand the free-will belongs to the soul and is an important tool given to the soul.

Unless the client comes and seeks help on his own, executing his freewill, we cannot help him. Sessions done against freewill of concerned parties are bound to fail.

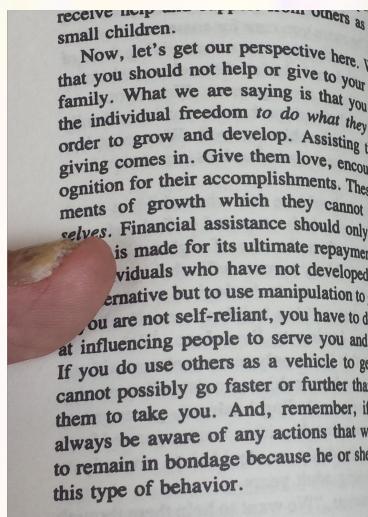
It is said in all religious books that God created man in an image of His own. What is being made in the picture of God? When God made the first group of souls (referred to in some otherworldly circles as the primary "root race"), HE gave them the freedom to make a choice how they utilized the vitality he enriched them with. Since then each soul has this freedom that is called free will.

I had the choice to stop or continue the above-mentioned session. Had I continued the session I would have utilized lot of my energy without any beneficial advantage to the client. Here comes the intelligence. Freewill with intelligence is picture of God. If one uses Freewill with intelligence he can raise his vibrations and reach the God energy.

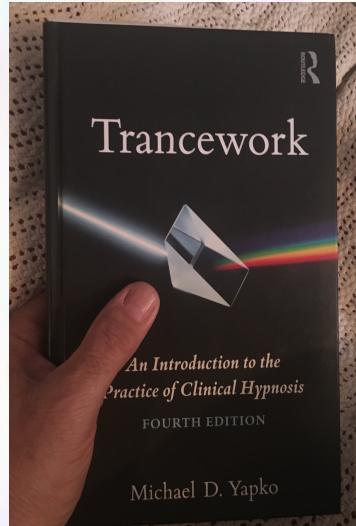


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A Thumbs Up to Hypnosis, "Literally"



Before Hypnosis



After Hypnosis

Hypnosis has always been an excellent alternative method to use when you want to get to the root of a problem. But what happens when the root of the problem isn't actually the initial cause of the problem. What then?

Case in point my very own testimony. Over 15 years ago, while working in the construction industry. I injured my thumbnail. Honestly, I can't remember if it was due to the various times the hammer I was swinging missed and slipped and hit the thumb on my left hand.

I'm not sure. Injuries happen all the time on construction sites and frankly after seeing so many old-timers throughout the years without thumbs because of table saw mishaps. I felt really fortunate.

All I know is that one of those events had to be the initial root cause of my 15-year-old thumbnail problem. The nail had become detached from the nail-bed

I spent years trying to fix it. Over time, the nail became yellow and ugly in its appearance. I was so self-conscious of it for the longest time. Yellowish color, hardening, and thickening of the nail made it even worse, a nail fungus issue.

Over the years, I tried everything from over the counter fungus nail creams, solutions, even a few home remedies like soaking it in white vinegar. I found myself soon searching the internet for more home remedies to try.

However, I just could not see myself going as far as trying the home remedies that suggested I go to sleep with my thumb jammed up into a potato or some of the other natural homeopathic treatments I read about.

I knew through all my personal research in the power of the mind that the body can heal itself under the right conditions.

After all, I spent an entire year, in an advanced hypnotherapy course program learning many techniques on how to help many issues using this same power of the subconscious mind along with the influence of various guided instructions through simple words within typical hypnosis sessions.

I had already read books for years, simply for my own personal enjoyment and research into topics of neuroscience, metaphysics, quantum physics as well as psychology long before that. So I had some knowledge of many of the scientific journals and studies covering amazing topics with the body responding remarkably using just the mind alone.

One of my favorites was the famous Dr. Albert Mason case back in the 50's. That's not to mention all the famous other cases written about people having multiple personalities and how certain physical traits and issues can be different between the personalities themselves. Today, it's more referred to as Dissociative Identity Disorder.

Prior to my certification as a hypnotist and receiving a diploma as a fully trained hypnotherapist from the Hypnosis Motivation Institute. I had simply given up hope of ever having a normal left thumbnail. I accepted it. I had learned to live with it for over 15 years. It soon wasn't a factor in my life. I simply put it out of my mind. Ignored it. Until a few years ago...

I found myself thinking more about it consciously once again. I'm guessing it was because I found myself in a position where I was

forced to think more about my physical appearance on a daily basis. It was just after my divorce. I was meeting new people. focusing daily on opening up my new hypnotherapy practice and the thumbnail was back in the spotlight. In my mind anyway. You know. Those first impressions people get of you that you worry about so much.

For a little while, I had figured a way I could get by when meeting new people. If it was someone I wouldn't actually be working with on a continuous basis. I would simply put a band-aid on the thumb and no one was the wiser. But if you begin to spend time with the same person more and more regardless if it's socially or professionally. Sooner or later the band-aid must come off. Even daily routine rituals were no longer safe.

When I first started driving back when I was 15 years old. I was taught to hold the steering wheel at a 10 and 2 position with both hands. That didn't last very long. As I became cooler at driving and driving cars with manual transmissions as well. The habit of holding the top of the steering wheel with my left hand and my thumb resting on the steering wheel facing me was just my norm. But now, I became conscious of the fact that it was always in plain sight of everyone in the vehicle.

Were they staring at it making judgments? The mind can certainly play havoc with you. If you let it.

Soon, I found myself working with people over the internet that perhaps I would never personally meet but again found myself being cautious even in those situations after one particular event. I recall sending someone a photo of a book we had been talking about. It was of certain paragraphs found within that book. I quickly took a photo and sent it over the phone. Then I notice my left thumb was captured in the photo. Too late the photo had already been sent.

As you can see in that very photo above, I kept the nail trimmed way back since it wouldn't attach itself to the nail-bed. Occasionally, I would let it grow regardless that it wasn't attached so both thumbnails would be the same length. This, however, simply gave the nail a hollow section under the nail that could trap moisture. One of the enemies of a nail and one of the causes for nail fungus. The nail itself was yellow and thick as you can see almost all the way to the matrix, which is where the nail first grows out of the skin near the cuticle.

So here I was, planning the rest of my life. Re-inventing myself at the age of 56 and starting over. However, this time around, I was working with additional faults and a damaged self-image that had diminished over the past couple of years. I felt like I had several issues I wish I never had. Mostly, cosmetics but others perhaps psychological. A receding hairline, damaged thumbnail, and the list seemed to be affecting my self-confidence as well.

So I decided to focus on myself and work.

perhaps even reversing the entire aging process using all the knowledge I had gained over 20 years.

As I was creating a website and Facebook page dedicated to nothing but teaching and sharing the benefits of hypnosis to all of those currently living in my home state of Mississippi. I worked on the <http://www.hypnosiscentersofmississippi.com>

site and soon found myself looking for professional hypnosis content to share on it. I wanted it to be an educational resource, not a self-promoting business page so I invited other hypnotherapists to help share info on hypnosis in general and the many, many benefits.

I knew however that I too wanted to share some personal experiences. But I had few to share. I had the knowledge but little personal experience first hand.

(No pun intended). So I made a list of everything I could change about myself using hypnosis. Even those areas that were very embarrassing for me. After all, what a great testimonial. Right?

So after I had my entire list in front of me. I went to work on it. Focusing on one issue at a time. I chose the thumbnail as my first issue to work on. I figured seeing is believing and this would be a great start.

I spent just a few nights on what I refer to as self-hypnosis sessions to help heal my thumbnail . I knew I had to work on the psychological issues behind all my beliefs and fears concerning the nail, not just the nail itself that was holding it back from healing.

So I set out to treat myself as if I were my own client. I figured out that it was the ugliness and embarrassment issues that caused me the most trouble. So I first had to focus on what the nail looked like regardless . This was to help me from staring at it daily and having those negative thoughts continuously running through my mind. So I took advantage of when my nail was clean and wet like after I had bathed. I could cut as much of the nail away easier that way. Over time I was able to detach over 2/3rds of the nail from the nail- bed safely and without any pain.

The 1/3rd part remaining was fine, it was normal in color and it was still attached to the nail-bed . From there, all I had to do was clean up the exposed nail -bed by clipping away a lot of the hardened, dead skin carefully to not damage the nail-bed itself.

After a few washing's more, this allowed the color of it to appear as normal as my skin-tone.

All the discolored nail was cut away. So the yellowish color was gone. It didn't appear as ugly to me although the majority of the nail was now missing. This helped me in a psychological way. So I knew it would help greatly.

My hypnosis sessions focused mostly on reminding my subconscious that the body already has a natural means to regrow the nail. I would have to just step back and allow it by only feeding it positive thoughts. I would have no more issues with being embarrassed because the thumb was normal in color now. Less noticeable. No one had to know it ever was associated with a fungus. No one had to know that I had dealt with it for over 15 years. It was simply an injury and the body would take care of it on its own. No need to think about it any longer. I could move on and work on other projects. Again putting it out of my mind so to speak.

I did this for only a couple nights by using a recorded hypnosis induction to help me get into the right trance. Thinking about the above-mentioned affirmations and using creative visualization the best I could while I was in that trance. Those were my entire sessions . My mind quickly accepted it. Expecting of course that the body would take over as I was busy focusing on other things.

I researched and learned that the natural time frame for a nail to grow completely is 6 months. Because of my age at least. In older adults , some additional factors may play a role that could take longer , such as circulation in the blood , diabetes and such . In most cases, a nail will grow 1/10th of an inch each month reaching its full growth in 6 months. A toenail, however, takes longer, up to a year and a half. Three times longer. During the next 6 months, all I did was make sure that when I trimmed my other nails . I trimmed the thumb as well, making sure it was trimmed back to where it was always attached to the nail- bed. This was the only maintenance and thoughts I had on the nail

It was no longer yellow, it no longer caused me to have any conscious thoughts on it. It was working.

Before I knew it, the six months were over and the entire nail had grown back without any problems. I finally had two completely normal looking hands to be proud of again. This brought me so much more confidence. Enough to move on to the next item on the list.

I had already begun working on the other cosmetic issues that I wanted to fix about myself from that list while waiting for the nail to grow. They too were very successful. I'll share those in other articles as additional testimonials. I'm now three weeks into the 4th issue from that list and it is going so well... I'm going to do an 8-week private study and help 5 other people on this very issue starting soon for further research. Then create an 8-week comprehensive hypnosis program to offer to my other clients. I'm so excited about this one.

The photo was taken on 02/12/2018 while editing this article for the last time. I grabbed the nearest book to hold so I would feel natural posing for it. Just so happens it was one on hypnosis. I have a collection of books on various topics I've researched over the years. They total well into the hundreds and I always keep a handful I'm currently studying close by.

End result: I spent 15 years feeding my beliefs with negative thoughts concerning something that took just two hours of hypnosis sessions to start the healing process and then patiently waiting the body's natural time-line of 6 months to erase the evidence altogether and grow the nail back.

So yes, I give hypnosis a big thumbs up, literally!



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FEAR OF FAILURE OR FEAR OF SUCCESS



“Why are you not doing anything, are you scared of failure” etc. these dialogues many of us have heard many time. From our parents to our friends most of the people around label us worthless even some times we share the same opinion about us because people with lesser IQ , skill and knowledge are doing better as per world’s norm of success like getting good job, business, name, fame & money etc. And we on the other hand hardly get any work worth mentioning. So what is it that’s keeps us from moving ahead, hindering our growth, are we really scared of failure????

Well, to get this answer let’s take a small trip to past lives of one of my client. An extraordinary person with all the qualities of perfect leader however unknowingly she remains hidden among the crowd from her dressing to behaviour, the moment she is herself people notice her no matter where she is and they feel this person can change things & can show us in which direction to go; and when she is close to attain this, something happens and she goes into some kind of “I need space & seclusion” state, you can call it ‘running away from responsibility’ thing.

She came to me to get out of this “I need space & seclusion” state. And we started her Hypnotherapy, in first session we reached in one of her past life where she was great spiritual leader known over all the globe for

her great work yet in the end she realized there were people with ulterior motives who use this higher knowledge for show off and to manipulate people, instead of self growth & realization of truth.

Though such types of people were few yet they were very powerful people of that era who influenced the world, she felt really bad about this in her last years. In this birth her learning was to “*let go*” her master said whatever you did was for your own learning so forget about how people have seen and used it just move ahead.... she couldn’t. When she came out of this session she was feeling lighter yet sad as she didn’t follow her master’s teaching 100%. In that life she had name and respect though not wealthy yet respected by wealthiest & most powerful people.

Then she came for her second session, in this we reached one of her life where she was very powerful leader and general of an army, respected and feared by many she earned great wealth. She fought many battles to make this world a beautiful and righteous place to live and again to realize in the end nothing matters.

She was blamed by her own people for cruelty, power hunger and many mishaps. In this birth she chose different path for same purpose as her previous birth for no avail. Popular, respected lead many groups and army yet despised, accused & blamed for many mishaps because of all these things this person got confused. If she is going in right direction or she is just making things more difficult and complicated. Again in this birth instead of focusing on her Karma she was more concerned about its outcome and that was making her miserable in both the lives.

In both lives her learning was same that she was not following, and that suffering of past lives create problem in this life. You must be wondering how? Well now her previous birth’s experience of success has generated fear in her subconscious mind, so in this birth as and when she starts coming closer to success her subconscious mind begins to point how success brings misery and suffering in her life. Most amazing part is her conscious mind is not aware of it and all this time she & many other around her felt she has fear of failure when actually she has **fear of success...** and all this time we didn’t even recognize there is any fear of success kind of thing.

People who suffer this fear are always the ones with extraordinary abilities, skill and persona; they are never dull, average or ordinary yet they are the ones who are not very successful and root cause of this situation is, not learning there lesson for which they are coming again and again and funny thing is that they are aware of this lesson still they keep postponing it.

This case reminds me two of my friends who behaved similar as my client does and I was so furious with them that such irresponsible people; it's only now, that I realized what they were going through. When I learnt Hypnotherapy then I came to know about this eye opening term called "**Fear of Success**" and I always thought there's only "Fear of Failure". ☺



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Greed and Addiction Release by the Help of Powerful Subconscious

“A wish to release Greed and Addiction Lead to a talk with Subconscious and its superlative guidance.”



The intention has to be very clear because it only magnifies the intent. So, if you have intent for money it will only magnify intent for money. Here you have to give a very pure intent of helping humanity

Here is a very beautiful learnings based on the session I got a chance to speak to Subconscious or as it referred to itself collective consciousness which has access to everything and is everywhere.

The Subconscious:

Show him the value of money. Show him the power of money. Show him the good that money can do and easy money never stays. So, there's no point chasing after the free money. Instead teach him to build wealth and how to discipline in his life he craves so much and desires everything. That alternatively ruins all his other investments. It's better to focus and build wealth over the long term and use your energies elsewhere.

Addiction:-It's a means of escape. It's a means of putting off reality and the now! The means of putting off dealing with reality. He's afraid of what he might find if he confronts himself and starts to

think of what he has to become and what he needs to do. So, it's an escape.

You don't feel good today. You feel – the desire for money is substituting for the power that you have. That is why the desire is there. There and the feeling of superiority... mixed with the belief of superiority mixed with the feeling of insecurity and helplessness block his heart from energies and accepting everyone. That is of the forms of greed because he is that mood of selfishness where he wants to deal with his own problems and he feels that only he has problems.

It is the greed, to only address your requirements that stop him from being open to other people's needs and pains and joys as well. This is what is blocking your heart. We will look at it again. but I am sure which is why I tell you to go out and do this selfless work but something stops you and may even make you run away. Something is definitely blocking. Nobody goes to the door and turns the handle and turns away or walks away.

You'll get a feeling. ask at that point of time. What am I doing it for? You'll get an answer. Consciously ask that. Whenever you are going to make a deal go after 5 minutes. Be with yourself - ask your subconscious. Please give me an indication or an information. It will lead me to my intent of helping people? Not for more money? Don't ask if it will be profitable. It will be profitable if you work with people but that is not the intent. The shift in the core focus. At the same time don't say that if it is profitable then I'll help people. No!

Some excerpt:

Yogesh: How does one neutralise the ego?

Client: By praying, by being humble, by meditating

Yogesh: That's the conscious freewill choice, right?

Client: Right. It is the collective conscience.

Yogesh: Just be with that thought. Pray every day and keep this stone in your hand when you pray. I want it to enhance/

Client: Ya

Yogesh: Say: My intent to serve humanity and to help people who are deprived. In whatever way – if its money – you can add in serve physically with action and other resources. But the main focus is to serve people, I think we have been talking of it for years. That in this life you have to serve people. You have been destructive- let's put it the other way. Whether you were the captain or you were Mayan, there has been a destructive force towards humanity. In this life God has given you the opportunity to serve humanity.

Client: Compensate

Yogesh: Compensate for it. The more you do the more you are going to wash the negatives of that. that is karma balancing. That is real karma balancing. Your intent to take support from these two stones- it's both stones only – and in today's guidance also he says that if you have the good intent the wealth is provided.

You don't even have to work for it. And I have seen that. It is true to the hilt. It comes. So, it is not desire for wealth, it is the desire to serve people which is predominant. Then the universe gives you the resources. Once you have the good intent, and you can access a lot of things – you have to keep it really channelised with prayer. Even before – even three days more you don't wear it – but when you keep it under your pillow. Give out that prayer, write it down and repeat it every day. The main thing is - as my intent is to serve humanity and the under-privileged and leave out the wealth part of it. You'll never fall short of it. God gives those who want to help others. It just comes in whatever mode it comes

We did the whole process collecting all the life time channelising Greed coming from anywhere or any life time since we are in direct connect with subconscious and got it released with due process after the whole process we continued.....

Client: This works instantly? My greed is gone?

Yogesh: It does. For you it should take one or two days more maximum. Because the intensity with which you lowered it was heavy. I have never seen the thing go like yours did! So, much was

flowing it, that it didn't go. So, we know that some of it was released. The finger I have seen but all fingers, then wrist then arm and then extended so much of it. That was a lot of it. These things are only operated by the subconscious, you cannot do it consciously. If I ask you to do it, you'll never be able to do it. You'll be so conscious of yourself. It is normally under hypnosis and are known as neuro-motor responses. All this is not controlled by the conscious mind at that moment – it is only controlled by the subconscious.

Client(Subconscious): Don't do it in a hurry. Drop your anxieties. Create the right intention and desire. Then you sit down and switch yourself off. The rest will follow.

Yogesh: Okay. Rest he is doing, fine, is it?

Client(Subconscious):: It's a very simple technique. There's nothing to it. I don't think he has a problem there. I think he should drop his anxieties & give the right intention, the right prayer before he starts.

Yogesh: I thank you so much. Okay. I thank you very much for giving so much information to Deepak today. I request that you give me permission to connect to you to get more information or answers as we proceed in case we see some blockages or somethings not happening. I request permission to connect to you. Thank you very much. With a lot of my regards and Deepak's love and respects to you, may I request you to recede to where you came from. But, before you go, I have been interested in these past 8 years to know exactly where you, subconscious, reside in the mind? It's been in my mind can I seek knowledge from you as to where does the subconscious reside which is so good in connecting and giving so much beautiful advice?

Client(Subconscious):: We're an energy. We don't reside in any one place. We permeate all the bodies of the person. We're like an essence. You'll find us in every aspect of a person.

Yogesh: Okay. To understand the energy is it specific to Deepak or is it broader, bigger than just Deepak? Or the personality or soul

– conceptually can a human understand – the concept of a subconscious?

Client(Subconscious):: It is what he has been and what he is today and everything in between. But, at the same time it is all of us in everyone together. So, there is a different aspect at the same time as a collective force we all one, yet we have individual personalities. I wouldn't use the personalities I would say experiences.

Yogesh: Okay, in relation to time and space how do we understand your existence? Pardon me for asking this question. It has been bugging me for a long time because I do work in this area. With your guidance in the area...

Client(Subconscious):: There is no time. There is no space.

Yogesh: It just exists.



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Theories To Explain Past Lives

Researchers have postulated a number of different theories to explain the phenomena elicited. These theories range from the plausible to the esoteric. Let's look at just a few of them.

1. Crypto-amnesia. In crypto-amnesia an individual is exposed to certain information, forgets that this was learned information, and it reappears sometime later as a constructed memory. The individual will have no idea that the memory is a fabrication of their own mind and that they never actually experienced the content of the memory. Studies on the abilities of subjects to create fictitious lives while under hypnosis (be these past, present or future) show that some of these fantasy personalities were actually the products of bits and pieces of characters in novels, movies and remembered childhood experiences.

However, it is when these recollections and descriptions become so meticulously detailed (as in the case, for instance, of Dr. Wambach's investigations) that we must question the plausibility of crypto-amnesia as a credible explanation for the memories elicited in a Past Life regression.

2. Psychodrama. This is a psychotherapeutic technique in which a patient is given an opportunity to enact the conflicts that are causing or exacerbating the problem through role-playing in either a group or a one-on-one situation. In other words, they take on the role of a fictitious personality and act out their conflicts or problems as someone else. Some have argued that cases suggestive of reincarnation might be a kind of "psychic" psychodrama in which a segment of the subconscious mind seizes control of the subject during the regression and impersonates a fictitious personality for the purpose of providing insight into the subject's hidden conflicts, wishes or desires.

This argument becomes untenable when one considers that genuine psychodrama exists as the result of a projection, be it conscious or unconscious, of one's inner conflicts. However, past life recall can contain such a plethora of historical, personal and extremely specific observations, data and often seemingly mundane details so as to rule out the explanation of psychodrama. I, and others, find it difficult to understand how a subject's detailed recollections of how to clean a cannon on a 16th century Spanish

Galleon, for instance, or how to brew beer in the shadow of the Egyptian pyramids when they were new can be a projection of their inner conflicts.

3. Racial Memory. This hypothesis holds that somehow our DNA molecules, the carriers of our heredity, can contain the past memories of our genetic strain. This hypothesis might hold true if one can show that the person belongs to a line descending from the personality they claim to be but, in most of the catalogued cases of reincarnation, the separation of time and place makes this an implausible concept.

4. Soul Memory. This is the idea that people can access the memory of their soul (as well as another's soul) through the "Akashic Records" - the spiritual record of everything that has ever happened. According to the spiritual philosophies of theosophy and anthroposophy, the Akashic Records are a compendium of thoughts, events, and emotions believed to be encoded in a non-physical plane of existence known variously as the astral plane, the zero-point field, or the Akashic field.

Furthermore, the Akashic Records are believed to be the records of all souls about their past lives, present lives, and possible future lives. Each soul has its Akashic Records, like a series of books with each book representing one lifetime. The Hall (or Library) of the Akashic Records is where all souls' Akashic Records are stored energetically. The Akashic Records, however, are not a dry compilation of events. They also contain our collective wisdom. These records are accessible through various means, including Altered States of Consciousness.

5. Collective Unconscious. Those who subscribe to this theory hold that the collective unconscious is a pool of memory which contains all that has gone before, not only for our individual families or tribes, but for the whole of the human race. It's an imprint of everything that is, or was. It's been referred to as "an incredible psychic computer".

Given the correct access code, we can call up anything or anyone. If we tune into this source, we can remember, or re-live, any life that has previously been. It's similar to the concept of the Akashic Records. However, the Collective Unconscious is usually regarded as a part of **our** consciousness, whereas the Akashic

Records are seen as something apart - a kind of universal consciousness, a vast psychic library to which we have access. I guess you could call it the ultimate Internet, a UWW (Universe Wide Web, in case that went over your head) – with Wi-Fi, no less.

The Collective Unconscious is all the stories of the human race, all the archetypes, all the ‘plays’ that are enacted over and over again with a cast of thousands, or one or two people. The actors may be different, the historical setting may change, but the essential stories remain the same. Each person plays their allotted part.

This may go a long way to explaining why so many people regress to a particular figure or group experience. It may not be that they’ve actually **been** that person, or part of that group, but they may have played that part in the play somewhere along the line, and therefore it resonates with them. In the words of the immortal Bard, "All the world's a stage, and all the men and women merely players. Each has their exits and their entrances; and one man in his time plays many parts". (*As You Like It* - Act II, Scene VII).

6. Retro-cognition. There is a theory that everything that has ever happened is “out there” somewhere – or at least the impressions or energy of it (kind of like radio waves). Retro-cognition, or the “psi” experience as it is often called, is when one telepathically perceives a scene from the past and thereby derives information about a past event which he or she could not have acquired through normal means. An example of this is when a person visits a physical locale and is aware of details pertaining to that locale (streets, rooms in a house, etc.) without having previously visited that location or having read about it or seen pictures or videos of it.

7. The Classic Concept. This holds that reincarnation is an evolving process of physical exploration for the perfection of the soul - a system of justice and balance. In this system, we learn needed lessons through Karma (cause and effect) and carry this intuitive knowledge with us through successive incarnations. Each entity is born into each earth life with a level of awareness established in their past lives. How the lifetime is lived will dictate whether the rate is raised or lowered.

Karma is not seen as punishment but rather as the fate we create for ourselves as a result of our actions in this and previous lives. We are not meant to suffer because of our misdeeds but to learn from them and integrate what we have learned into our current life.

Evolution of the soul comes about through choice - making choices big and small, and experiencing the Karmic effects of each choice. A soul evolves most effectively by facing and making choices as a separate individual, a distinct physical form. To do so, the soul incarnates - that is, the soul fuses with a human body for a whole lifetime, from birth to death.

The soul undergoes the full range of meaningful human experiences and choices by reincarnating. One human lifetime is not enough to experience the whole gamut of life circumstances and to make all choices. For example, the soul needs to experience life as both male and female; as both victim and perpetrator; as both student and teacher. Hence, the soul reincarnates many times over in order to experience the full spectrum of life. Being human again and again with a different body (and different life circumstances) each time enables the soul to experience the full range of possible perspectives and relationships and all the lessons that these entail. Through many different human experiences, the soul gradually becomes more self-aware, gradually discovers more of its true capabilities and gradually learns how to overcome the illusory limitations of being physical.

Generally, the soul learns best through a “compare and contrast” process, not through blind repetition. Hence, any given lifetime may be completely different in some way from the last one. From the soul’s point of view, there is little value in repeating the same kind of life again and again (unless, that is, there is a specific lesson within that life which has yet to be learned - in which case, the movie ***Groundhog Day*** would be an excellent metaphor).

Each human lifetime is an opportunity to learn specific lessons. One lifetime, for example, might focus on learning greater self-responsibility while the next might focus on being more empathetic to others. If in one lifetime the soul experiences being a wealthy individual who wields power over others, for instance, it would then be of value to contrast that with the experience of living in poverty and powerlessness. The soul has no preference for one side of the

equation or the other, since both sides help draw out different aspects of the soul.

Author Berry Benson once used the following analogy in an attempt to explain the concept of Karma as it relates to reincarnation:

“A small boy enters school and is placed by his teacher in the lowest class and charged with learning these lessons: Thou shalt not kill. Thou shalt do no hurt to any living thing. Thou shalt not steal.

So, the little boy grew into a man. He did not kill, but he became cruel and he stole. At the end of the day ‘when his beard was gray; when the night had come,’ the teacher noted that although the student had not killed, he had failed to learn his other lessons. ‘Come back again tomorrow,’ the teacher told him.

When the new day dawned, the pupil returned to school and was placed in a higher class because he had accomplished one lesson. Then his teacher gave him these lessons to learn: ‘Thou shalt do no harm to any living creature. Thou shalt not cheat. Thou shalt not steal.’

Again the boy grew into a man. He was careful to do no hurt to any living thing, and he tried not to be cruel, but he stole from his neighbors and he cheated to accomplish his own ends. At the end of the day, ‘when his beard was gray; when the night had come,’ the teacher recognized the fact that the student had learned to be merciful, but he had failed to accomplish other lessons. Once again, the student was told to return on the morrow.” So it may be with man. The Bible admonishes man to be perfect even as God is perfect. But perhaps such perfection cannot be achieved in a single lifetime. It might seem more just to allow a person to return again and again until all the “lessons” have been learned , before their soul stands in judgment and is examined as to whether it is worthy , finally , of attaining eternal life with the Creator.

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



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Spiritual Hypnotherapy- the journey within

Spiritual hypnotherapy as commonly used is, that part or facet of Hypnotherapy that seeks, to explore the “higher self/ soul’s” journey”.

It seeks to go beyond the body and mind into the infinite realm of soul or the higher self.

Yet, in my understanding hypnotherapy is a spiritual approach to heal the “ mind- body- soul”, because, hypnotherapy uses that aspect of our “being” which is a repository of our awareness . As we tap into the vast potential of subconscious to heal so we in principle are venturing into the soul realm of the individual . For in that realm of subconscious there is no boundary of physical, mental, emotional or spiritual . “For it in itself is whole” It’s the sum total of our being, it’s the essence of our existence.

Who am I? It s not a question it’s a quest. It’s the quest that nearly every seeker, every master every enlightened soul has confronted and explored. Its one question that starts, unending quests of self-exploration, which may sound like a quest in “the void”.

But as one explores it slowly becomes evident that the whole mystery of “existence” exists and manifests within that void.

Years ago, this was the quest that brought me to the amazing world of Hypnotherapy. Exploring the purpose of our life. The blueprint of our existence, The lessons and learnings we seek the contracts and bonds we forged even before we take birth in our physical form, these all can be explored using Hypnotherapy. And its various modalities . Like Past life regression , Future Life Progression, Life between lives... etc...

The realm of our higher self is amazingly fascinating, powerful, therapeutic and much -much more . It’s a lot more than we can explore or can fathom. For it’s the realm of “universal and cosmic awareness ”. It’s a realm of Devine consciousness . Thus the transformations it can manifest are fascinatingly unbelievable ! Tapping into this awareness / consciousness is similar to what highly evolved Masters used to do. When they went

into Samadhi (the deepest state of meditation) where they become one with the supreme consciousness and can manifest miracles.

The power and simplicity of Hypnotherapy lies in the fact that using modalities like PLR, FLP, and LBL etc... We can take our clients into the state of being which our Sadhaks (Seekers/ Deep Meditators) reach after a long process..

But, do not confuse the two, here it's used to understand quest and should be a stepping stone towards real quest.

Since information and realization are two different things. Yet if we know what is to be, it is easier to aspire being that.

Love and Light to all.



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Tiger's Eye



This marvelous stone of the Golden Ray is still as captivating as it was in the past, with chatoyant layers that dance like shafts of light through a dense forest. It is warm and radiant, synthesizing the frequencies of Sun and Earth, bringing stability and awareness while integrating the spiritual with the physical realms. It teaches balance between extremes, moving one out of the world of duality - right and wrong, good and bad, dark and light - and provides an understanding of the underlying unity behind apparent opposites. It brings a more practical and compassionate reasoning to one's choices, and helps one to reflect Spirit through each action taken in the world.

One of the most effective of the eye formation stones, Tiger's Eye is ever vigilant, bringing sharpness to one's inner vision and better understanding of the cause and effect of each situation. It encourages one to use their powers wisely, and allows scattered information to be brought together to a cohesive whole. Tiger's Eye supports necessary change in all aspects of one's life, strengthening the will and clarity of intention in order to manifest at the highest level. It inspires creativity and utilizing one's talents and abilities, and is superb for stimulating wealth and the good judgement needed to maintain it.

Tiger's Eye is a most ancient talisman, mysterious and powerful, revered and feared - an "all-seeing all-knowing eye," thought to grant a wearer the ability to observe everything, even through closed doors. It was chosen by the Egyptians for the eyes in their deity statues to express divine vision, and was believed to provide the protection of the sun and earth combined, of Ra, the sun god

and Geb, god of the growing land. Linked to the magical tiger, the king of beasts in Eastern mythology, Tiger's Eye portrayed courage, integrity and right use of power. Roman soldiers carried it to deflect weapons and to be brave in battle. It has been highly regarded throughout history as a stone of prosperity and good fortune, protecting one's resources and reflecting back malice or threats from others. [Mella, 78][Eason, 107][Hall, 288-289][101 Hall, 204]

Tiger's Eye Uses and Purposes

Keep Tiger's Eye as a stone of luck and good fortune to attract a steady flow of money to the home. It is ideal for entrepreneurs and those setting out in business for the first time; also for those building up skills and a knowledge base for major career changes in the future. [Eason, 107]

Tiger's Eye warns against complacency and emboldens one to "step out of the box" in order to grow and challenge one's artistic and creative talents, physical abilities and trying something new. Use as a support stone for determination and to overcome fear during exams, competitions, public performances, selling one's creations in the market place, or presenting ideas in important meetings. [Hall, 290][Eason, 107][Lembo, 334-335] [Megemont, 177]

Wear or carry Tiger's Eye for increasing insight and perception in unfamiliar places or circumstances, and for protection from the negative intentions of others. Tiger's Eye sharpens the senses, helping one pay attention to details and prepare for positive action. It reflects an overview of situations and assists when things are happening too fast. It is one of the best aids for resolving a crisis, and provides perfect support when one is afraid of making a wrong decision. Use for quick thinking, sizing up someone's character, and for realizing the consequences of one's own actions. [Megemont, 177][Mella, 78][Gienger, 85][Eason, 107]

Draw on Tiger's Eye to boost will power, emotional stability and energy levels when working through lifestyle changes and health improvement routines. It reduces cravings for the wrong kind of foods and helps decrease the need for:-

Binges, excessive cigarettes, prescription drugs or alcohol. It also reduces anxiety caused by feelings of isolation or inadequacy, and helps overcome discouragement to persevere through the long haul. [Simmons, 399][Eason, 107]

Tiger's Eye is a stone of practicality and balance, remarkable for soothing tensions in families and relationships where differences of opinion or expression are causing discord. It promotes harmony between people with diverse viewpoints, religious beliefs or approaches to life to see both sides of an issue and find common ground. It is a marvelous talisman for professional mediators, as well as anyone going through difficult negotiations. [Simmons, 399][Ahsian, 399]

Have a clear purpose and program your crystal in positive language it gives amazing results.

Tiger's Eye Physical Healing Energy

Tiger's Eye is a blood fortifier, increasing vitality and strength, and restoring balance to the body on all levels. It is thought to boost the endocrine system, bringing one's hormones and biochemistry back to level, and placed on the reproductive organs, may stimulate fertility and resolve issues arising from past experiences. Tiger's Eye placed on either side of the head energetically rebalances the brain's hemispheres, and as this stone holds energy of the sun, may relieve seasonal affective disorder and depression. It is effective for alleviating nightmares, and is reputed to relieve asthma attacks and angina, and help lower blood pressure. [Ahsian, 399][Melody, 647][Hall, 289][Hall 101, 204][Eason, 107][Megemont, 177-178][Gienger, 85]

Tiger's Eye is traditionally used to heal disorders of the eyes and throat, and to improve night vision. It eases issues of the stomach and gall bladder, and dissolves constrictions. It may also be used to strengthen alignment of the spine and stimulate the repair of broken bones.

Tiger's Eye Emotional Healing Energy

Tiger's Eye is a remarkable ally for the mind, balancing emotional extremes and allowing scattered thoughts, feelings and information to come together in a way that makes sense. It brings focus and stability, enabling one to make decisions from a place of reason rather than emotion. Tiger's Eye is ideal for those who are spaced out and uncommitted to find purpose; for those who find it difficult to remain optimistic, it stimulates hope and confidence for the future. [Melody, 646][Hall, 289][101 Hall, 204]

Tiger's Eye is highly beneficial for resolving dilemmas and internal battles, especially those caused by jealousy, willfulness and pride. It teaches integrity and right use of power, bringing an awareness of one's needs, as opposed to mere "wants," as well as understanding the needs of others. It is excellent for healing issues of self-criticism and worth, and unblocks creativity so one may recognize one's talents and abilities, as well as one's faults that need to be overcome. It is highly supportive for an addictive personality, increasing personal will to affect positive change, and anchors that change into the physical body.

Tiger's Eye Chakra Healing and Balancing Energy

Tiger's Eye grounds the energy of the Solar Ray into the Earth, stimulating the First through the Third Chakras. It supports physical vitality, practicality, and maintaining balance between extremes. [Ahsian, 399]

The Base or root Chakra is located at the base of the spine, and controls the energy for kinesthetic feeling and movement. It is the foundation of physical and spiritual energy for the body. When physically out of balance the symptoms manifest themselves as lethargy, low levels of activity, low enthusiasm, and a need for constant stimulation. When spiritual energies are out of balance, one may feel flighty, disconnected from reality or distant. When the Base Chakra is in balance, the physical body regains its strength and stamina, and the spiritual energy is rekindled in the form of security and sense of one's own power. It often leads to independence and spontaneous leadership.

The Sacral Chakra located below the naval and above the pubic bone at the front of the pelvis, controls the flow of energy and is the center of gravity of the body. It is the center of the Life Force of the body, and controls the flow of information from the body to the mind and from the mind to the body. Gut feelings, intuition, and other "non-linear" communication comes from this chakra. When it is out of balance symptoms manifest themselves as confusion, over dependency on others, repression of feelings, inability to feel joy, fear of sensuality or sex, and frustration. When the Sacral Chakra is in balance one has grace, feels pleasure in life, and experiences the flexibility to "go with the flow" and do so in good spirit.

The Solar Plexus Chakra is the energy distribution center and the chakra of relationships. This chakra is located between the ribcage

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

Tiger's Eye Spiritual Energy

Tiger's Eye resonates with the frequencies of the Earth and provides a warm, stable energy for prayers and meditation, and stimulating contact with the vibrational realm of Christ consciousness. It engenders peacefulness and beauty, and connects with the spiritual power of the sun as nourishment for the soul. Tiger's Eye enables the ability to remember dreams and to use dreamtime for spiritual advancement, sparking imagination, intuition, and opening up psychic talents in earthy people through Third Eye activity. It is remarkable for balancing yin and yang energies, stimulating the rise of the kundalini energy, and bringing a joyful enthusiasm for flowing with "the river of humanity" toward the "One."

Tiger's Eye Color Energy

The Gold Ray of Tiger's Eye brings success, enthusiasm, happiness, and power. It is traditionally the color of kings, riches, and the sun. Gold touches a deep part of our minds, conjuring up images of mystical places and adventure. Light Gold crystals provide us with the simple pleasures of life - cheerfulness and contentment. Dark Gold crystals have a deeper, more pronounced sense of devotion and commitment, providing us with a mature enthusiasm and ability to share a lifelong commitment of care and love.

The Brown Ray within Tiger's Eye brings connection with the natural world. It is the color influence of home, hearth, and nature. It helps us relax, reconnect, and regain our composure. It is a grounding stone, promoting security and stability.

Meditation with Tiger's Eye

Meditating with shimmering Tiger's Eye initiates a wonderful, high-

vibrational state that is well-grounded, peaceful, and highly conducive for encounters with others through remote viewing, out-of-body travel or mind travel. It allows one to move into a state of bliss, experiencing a single point of awareness within an atmosphere of warm compassion and unconditional love. Upon return, it inspires one to take actions led by that consciousness to bring its energy more fully into the physical world.

Tiger's Eye Feng Shui

Tiger's Eye utilizes Fire Energy the energy of enthusiasm, warmth, brightness, illumination and activity. It is Yang in nature. It is the energy of heat, action, emotion and passion - of ideas, of concepts, and sex. It is traditionally associated with the south area of a home or room, and with the fame and reputation area of your dwelling. Use its energy to give your life the boost it needs to enhance your standing in the community and within your family.

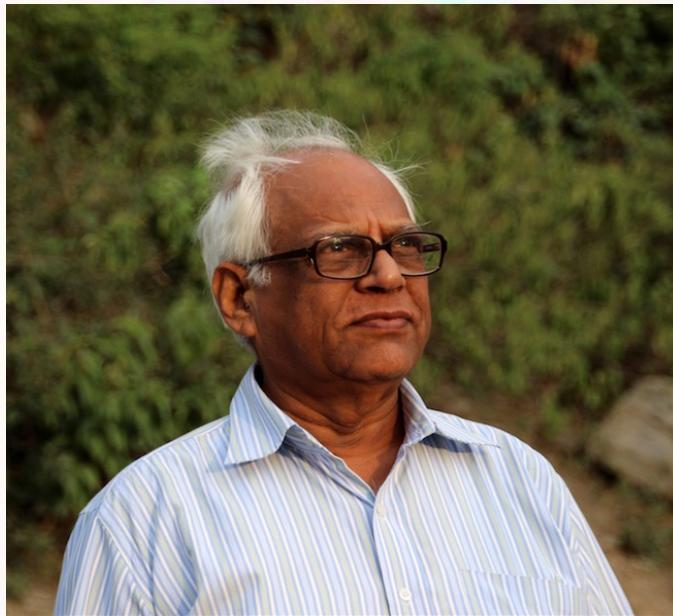
Tiger's Eye - Zodiac Stone

Tiger's Eye is a great zodiac stone for those born under the sign Gemini between May 21 and June 20, when the Earth is approaching summer. The constellation Gemini is known as the Sign of the Inventor and is seen as twins side by side in the sky. It is closely associated with the planet Mercury. Those born under this sign can see both sides of an issue. They're flexible and can go with the flow, and can be lively and talkative, or restless and nervous depending on their setting. Those born when the Sun is in Gemini are quick thinkers, quick-witted, and quick on their feet.



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A small chat with : 'Yogesh Choudhary'.



1. How you became a Hypnotherapist?..

Dr.Sunny Satin who learnt the science of Clinical Hypnotherapy in USA wanted to start Hypnotherapy teaching in India. I happened to be his brother in law, so he asked my help. So I got into it.

2. What were you doing before Hypnotherapy? ..

I was in the Indian Air Force for 20 years after doing my Mechanical Engineering at BITS Pilani. Then for 10 years in the corporate world as a Senior General Manager, Then for 10 years as a Management Consultant in the Quality Management field. I was practicing Homeopathy since 1970. Became a Reiki Practitioner in 1997. Opened a GIS data entry centre in 1994. Became a Clinical Hypnotherapist since 2002.

3. How do you see Hypnotherapy as a complete healing tool?..

My experience is that it can help a person in most of his/her conditions in many ways, provided the person is willing to trust and come for therapy as many times as is required to remove the root cause of the situation/physical condition.

4. How your perspective has changed towards life after you became a therapist?..

I am not the same person, huge spaces of existence were opened up before me, to help me understand existence as such. So much of information about the unseen universe which, were read as texts in books and many which are not available in books. Interaction

with Masters.. it has been an amazing journey. Life has become so simple.

5. What is your most life changing experience during therapy so far?

Getting personal guidance from Lord Krishna and Mahavatara Babaji.

Also meeting 'Golden Light', 'White Light' and the Lord of 'Lack of Light'- earlier who identified Himself as 'Lord of Darkness'. This gave an immense understanding of Sankhya Darshan Shastra.

6. What is the common challenge you come across as a therapists?

Working with clients with a closed mind refusing to believe their own experience under hypnosis.

7. Then how do you deal with it?

With love and patience, and leave it to the Lord.

Every soul is on his/her journey, they can be given opportunity to proceed but it is their choice of their free will to move forward for their own healing or wait to learn/experience more before proceeding towards their journey towards HOME.

8. What is your take on various Healing medium?

Each one has its place under the Sun. Nothing is bad, only it should not be used as an exploitation tool of greed.

9. Please explain hypnotherapy in your words.

Therapy provided to an individual by his help, by him allowing you to go into his mind to his own known cause of his situation. The therapist's knowledge of the science and his intent to do good can work wonders for the client.

Thank you Yogesh.

You may contact Yogesh at:

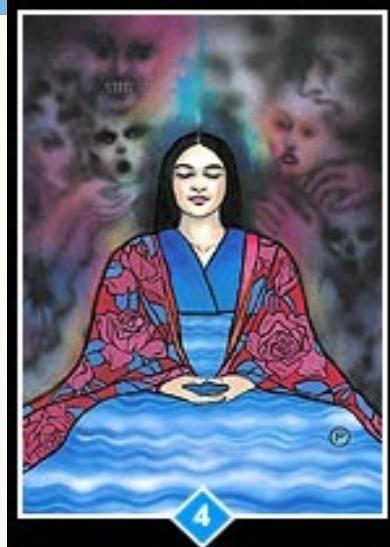
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Turning In

March

Tarot of the Month

2018



Sit back and witness,
Whatever is going on. A
month to harness inner
potential by giving it rest.

Just Watch. No, do not
strive to meditate even.
Just be. That's the mantra
of month. No
affirmations no chanting.

Watch, simply Watch and
let it be. This will ready you.

For next step. And the
meditative state you will
get into, is priceless.
Specially your emotions.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
| | | | 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 | 29 | 30 | 31 | |
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