

"There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.". 'John 4 : 18 (KJV)'



Healing and Hypnotherapy

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Dr. Dhiraj Nanda

"Love is not an emotion. It is your very existence."

— Sri Sri

सर्वस्य चाहं हृदि सन्निविष्टो मतः स्मृतिज्ञानमपोहनं च /
वेदैश्च सर्वेरहमेव वेद्योवेदान्तकृद्वेदविदेव चाहम् // 15//

I am seated in the hearts of all living beings, and from me arises consciousness, wisdom as well as forgetfulness. I alone am to be known by all the Vedas, am the author of the Vedānta, and the knower of the meaning of the Vedas.

Srimadbhagvadgeeta – (Chapter 15, Verse- 15)

From The Desk

**A song from the heart
A song of Soul
A song of fire and
A song to all our Goals
We sing and heal,
We hear and muse
We breathe in the beauty
of our sacred inner 'Whole'.**

© Varsha

I came across this story, and it touched me to the deepest of my core, as, both my children, have two beautiful tunes to their names, which has come to me during their respective pregnancies, and, I still hum those to them, every time I get a chance. With this story I am now more intrigued with their origin, so here I want to share it with you all.

Of all the African tribes still alive today, the Himba tribe is one of the few that counts the birth date of the children not from the day they are born nor conceived but the day the mother decides to have the child.

When a Himba woman decides to have a child, she goes off and sits under a tree, by herself, and she listens until she can hear the song of the child who wants to come. And after she's heard the

song of this child, she comes back to the man who will be the child's father, and teaches him the song. When they make love to physically conceive the child, they sing the song of the child as a way of inviting the child.

When she becomes pregnant, the mother teaches that child's song to the midwives and the old women of the village, so that when the child is born, the old women and the people gather around him/her and sing the child's song to welcome him/her. As the child grows up, the other villagers are taught the child's song. If the child falls, or gets hurt, someone picks him/her up and sings to him/her his/her song. Or maybe when the child does something wonderful, or goes through the rites of puberty, then as a way of honoring this person, the people of the village sing his or her song.

In the Himba tribe there is one other occasion when the "child song" is sang to the Himba tribesperson. If a Himba tribesman or tribeswoman commits a crime or something that is against the Himba social norms, the villagers call him or her into the center of the village and the community forms a circle around him/her. Then they sing his/her birth song to him/her.

The Himba views correction not as a punishment, but as love and remembrance of identity. For when you recognise your own song, you have no desire or need to do anything that would hurt another. In marriage, the songs are sung, together. And finally, when the Himba tribesman/tribeswoman is lying in his/her bed, ready to die, all the villagers that know his or her song come and sing - for the last time that person's song.

Let's find our music within and sing to our soul's delight as what are we reverberating but Sound..... Align our inner Harmony to Love.

With this Love filled heart let's begin our journey of Healing within.

Neha Sharma – Dysfunctional families Boon or Curse

How Hypnotherapy gives a complete paradigm shift to the whole scenario. A beautiful example.

A Prakash - Hypnotherapy: Exploring Beyond: Astral Projection/ Travel

This completely intriguing use of Hypnotherapy is really Awesome you are giving us more avenues of this beautiful medium of healing

every day.

Dr. Bruce E. Kaloski – A case study in past life regression

Once again how so many things connect to some other life time is proved a very intriguing read.

Varsha Dwivedi – Hypnosis and relationship issues

A write up based on my cases related to relationship. Enjoy..

Dr. Dhiraj Nanda- The Great Nothingness

A beautiful write up by our Hypnotherapist of this month. Which is based on his discussions with masters came in his sessions through his clients. Very insightful

Dr. Yogesh Chaudhary – Stress Management

An amazing detailed clarity regarding stress with a very intriguing case. A must read.

Celstite/ Celestine Crystal – Varsha Dwivedi

Very much en synch with the flavor of this issue. Read on...

Chit chat with Dr. Dhiraj Nanda

I 've enjoyed it a lot, and I am sure so shell you. So go on read it.

Tarrot of the Month

In deep Gratitude

Love and Light



Varsha Dwivedi

Clinical Hypnotherapist,

-Past life regression Therapist,

-Life between Lives therapist,

-Crystal Healer,

-Tarot Reader,

-NLP Trainer to the Coaches

-Master Practitioner and coach of NLP

(Neuro Linguistic Programming) &

Subconscious Re – imprinting,

-Marma " Vedic Science" Therapist

Email: varshadwivedi225@gmail.com

Dysfunctional family a Boon or a Curse



Dysfunctional family a boon or a curse ... we have seen many such families around and maybe we belong to one. Dysfunctional families, where nothing seems right, where life is not so called normal and people who live in such family almost always feel discord, every family member feels no body understand them and they crave for perfect family and beautiful environment. They think, only if we had good and normal family we would have been a better person and live a better life ... is it true????? Well, not necessarily.

We select everything in our life from our friends to family to foes. And we are the writer of our life story. Before our birth, we have already decided these things. You must be wondering why.... To grow and to learn, that was remained in previous lives. This Dysfunctional family; is selected by us, so that we become a better person. Sounds unlikely ... okay let us take a walk in the lives of great people/leaders whom so ever you know and you will see how many difficulties they had in their life. Start with all the great leaders, worriers, Kings and sages. Not all the great people have difficult family life however many of them are great because of those difficulties in their life.

At gross level it does seems like a curse when in reality it's an opportunity in disguise, I will try to explain how ...

Sometimes to clear our debt with particular person(s), they come as our family member to make us pay or sometimes we made them pay. Either way our balance sheet gets clear.

Sometimes to learn acceptance, that it takes different people to make a complete world. If we are uncomfortable with anyone outside family we usually don't accept them for long however when it comes to family we leave no stone unturned to make it work to accept.

Sometimes we need to understand the futility of everything, to learn non-attachment and to move at the next level of learning.

If we are not able to understand our situation on our own Hypnotherapy helped us to know and understand all these things. For example when we will see people who were our family in previous life whom we loved most they are some stranger or worst enemy of ours in this birth or vice versa that make us learn and wonder! ... we should not be attach to anyone yet we belong to everyone. Anyone can be our loved one in any of our life; so we know we all are just playing different roles in this movie called life to earn knowledge to enjoy whatever comes our way.



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

Hypnotherapy: Exploring Beyond: Astral Projection/ Travel

Hypnotherapy; Owing to its power of reach, to the subconscious has ,an amazing potential to be used, for exploring and expanding one's conscious experiences, Beyond the range, of our routine five senses of, sight, touch, hearing, taste, and smell. The whole domain of, what has been termed as “ Extrasensory Perception (ESP)” can be explored, and experienced by the aid of hypnotherapy, for individuals, who are ‘tuned – in’ with their ‘ Higher Selves’ ,nevertheless, nearly everyone can experience, the amazing power of ones ‘Awareness’, beyond the routine experience of, our five senses, with the help of Hypnotherapy.

‘Extra Sensory Perception (ESP)’, or what many call, the “Six Sense”, is experienced, by us all, in one way or the other, in our daily lives. Remember, the last time you picked up the phone, knowing well in advance, the person on the other side of the line, or the time. Or, you started humming a song, moments before it aired on the radio; or even, having said or asked something to someone, before they actually uttered the words.

Likewise, we all have had a dream, which later came true or had a Déjà vu, at some place or, in some moments. So many times we have, an uneasy or anxious feeling, about someone close when they, though miles apart are ill, or in distress. The strong link that, mothers have, with their children is, the most common example, of such a feeling, as they sense or know, whenever - wherever, their child is in trouble, ill, or distressed.

We routinely hear people, sharing their feeling of un-ease or uncanny sense, of some sensory notion, before they hear the news of death, of someone close. And, when they know, they are sure that, their previous perception was, merely an indication of the thing happened there. In nearly all these situation, we brush aside these feelings, as mere coincidences,

still, the Vividness of perception's images, level of panic, and the strong insights/ visions, is astonishing and make us ponder, over our ability to experience, things 'Beyond' the five senses.

Our mind, as explained by psychics, who could 'See', is like energy field, that surrounds us, like a pulsating sphere which is, centred near our naval. Now, if the mind is, in an energy field, it's certainly not, limited by boundaries, of time and space. It may be intensely focused closer, to the centre, but in a way it's 'Limitless'.

Its just that, Like any energy, 'Field of Influence' is variable. The more energies it is, the higher, is our vibration, resulting in our expanded field of influence, there by expanding, our level of perception and experiences beyond our normal level of capabilities.

Thus, our power of perception, is unlimited and the key to tap into this field of awareness is to tap into our subconscious or the higher self.

Hypnotherapy, owing to its powerful potential, tapped a subconscious, is an amazing modality to dwell deeper, into the realms of our awareness which, we experience in a limited manner, via our five senses. The most important point to remember here is , that, this Limit is purely an individual experience, and each individual has, different level of experience, with our five senses. Hypnotherapy; thus can help us experience, far beyond our self imposed limits.

Once I had a client, with whom during discussion, the topic of astral projection/ travel came up, and the client expressed willingness to explore, and experience this faced of consciousness. So we decided to do a session wherein after initial relaxation and deepening position the client was guided, through several cycles of harmonising, and emerging, the energy channels. We focused on the flow of energy, or the life force and, as the flow of energy stabilised, to a high, the client reported, very relaxed and, very light.

Slowly after, I ensured the proper Shielding for protection, of client's physical and energy body, the client was, guided to allow, the consciousness to expand beyond, the physical body

and feel rising/ floating, out of the physical body.

The client reported being afloat, as if floating like a 'Light Body' , above the physical self, which was lying fully, relaxes in the recliner. The light or the astral body, was connected as if tethered, with a shimmering cord of light, to the physical body. This cord was connecting from, the navel of the physical body. In this state, the client reported, feeling totally expanded and free, to move anywhere at the speed of thought. Subsequently we travel, to a few locations astraly, while being fully safe, within the four walls of our room. The client's experience, was that of amazing clarity and deep understanding, about the nature of our consciousness, and how we though limited, in our physical bodies are, unlimited or actually limitless.

We ended the session, with affirmations and anchor to imbibe it, as a conscious experience, and the client in following months reported, having had similar experiences alone, while meditating, and also in trance, of semi dream like state, during mild slumber. The case, like many other similar cases, gave me an insight, into the potential of , using hypnotherapy, to aid enhancement of client's level, of perceptions and consciousness, to go beyond the self imposed limits of our five senses, and truly become the limitless conscious versions ,of our selves!!!

Love and Light – today and always
May we all expand and be limitless.



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

A Case Study in Past Life Therapy

(Part 1)

For several decades now an increasing number of therapists have found that a host of human ills are treatable through past-life regression. The list includes eating disorders, alcoholism, drug addiction, allergies, asthma, depression, fears, phobias, obsessive/compulsive disorders, psychosomatic pain, relationship problems, sexual dysfunctions, even financial issues ... the list goes on and on.

Reduced to its basic fundamentals, Past Life Therapy is predicated on uncovering and in some cases healing the past to change the present. It is based on the theory that our character today represents a culmination of all the experiences we've had over numerous lifetimes. These past life events affect many aspects of our behavior and, in some instances, deeply emotional or physical traumas can cause psychological or physical problems which, may resist cure through conventional medical or psychological treatment. Past life therapy can release the effect of these repressed thoughts, events, emotions or situations and bring about a beneficial change.

Certainly, in my own practice, I've seen some dramatic improvements in physical and mental well-being. Phobias dissolve, chronic diseases ameliorate and even disappear, emotional disturbances heal, relationships improve, and financial situations get markedly better. And here's the critical thing – it doesn't have to be *dramatic* or *traumatic* either. Many people simply feel better able to handle their present life. They feel like an oppressive cloud has been lifted. The sense of something suddenly clicking into place, of understanding the previously inexplicable, can throw light on many of our day-to-day feelings.

What's particularly exciting is that, in many cases, the simple unearthing of the memories responsible for these disorders alleviates them to such an extent that, with a small amount of conventional therapy afterwards, the issue or problem is permanently resolved. It isn't always a magic wand but for some people it can be the first step to letting go of a problem.

Most amazing of all, researchers have found that you don't even need to believe in reincarnation in order to recall past lives or to benefit from remembering them. Whatever the explanation, in states of past life awareness even the most die-hard skeptic discovers that they have their own apparent past life dramas lurking in their psyches and the benefits of past life regression remain unaffected regardless of whether they view these dramas as simply "stories" woven by their subconscious mind or actual past life experiences. If a person prefers, they can look at past life memories in the same way psychologists regard dreams and fantasies – as simply another expression of the mind's inner workings.

An excellent example of this is a case study I offered in my book, "Your Journey Was Never Meant to End: A Compelling Case for Reincarnation" available at Amazon.com. **A client initially came to see me for Hypnotherapy for Memory & Concentration.** During the course of his program, he happened to mention that he was chronically mistrustful of other people. As he put it, he was always "looking behind him". Bordering on paranoia, he even went so far as to use the metaphor that he was constantly fearful that "someone would stab him in the back". What made it even more interesting is that he mentioned a chronic and long standing upper back pain for which Medical Doctors could find no apparent physical cause for despite a battery of examinations and tests they conducted on him.

I asked him if he was amenable to trying Past Life Regression Therapy. He told me he was and during the course of the ensuing session he regressed to a life as a very successful beaver fur trapper in Colorado

during the mid-1800s. He was involved in a territorial dispute with a tribe of Indians who laid claim to the area in which he did the majority of his trapping. Under hypnosis, he recounted a meeting in meticulous detail he had with the tribal elders in an attempt to resolve the dispute. After arriving at a fair and equitable arrangement with the elders he took his leave, exiting the tent. As he walked toward his horse in the darkness of the night, one of the younger Indian warriors, a “hot-head” who was mistrustful of white men and vehemently opposed the agreement, silently snuck up behind him and struck him in the back with a Tomahawk. Despite the ministrations of the tribe’s medicine man, he succumbed to his wound and died a horribly agonizing death. Experiencing that, he was able to let go of both the irrational mistrust he harbored toward others and the chronic upper back pain.

Want to know more about the fascinating journey of past lives and how this method is a powerful tool of amazing learning. Check out My book at:

<https://www.amazon.com/B077YTDZX1>



Dr. Bruce E. Kaloski, Ph.D.
California
Clinical Hypnotherapist
Past Life Regression Therapist
Author, Lecturer, Trainer
Website: www.doctorkaloski.com
Email: drkaloski@gmail.com

Hypnosis and Relationship Issues

There are lots of slips between cup and the lips. Yes.....

Often true, about our relationships and really there are so many changes in life and life styles that creates rift.

But before we even begin, please understand. " Clarity comes from within you. Your therapist and guide can help you reach this by showing you all aspects of your scenario. Which gives you a clear perspective, however, its you and always you, who will know.

Relationships issues are very complicated arena, they may have a simple presenting issues (problem which seems at the surface) which you may have and come to your therapist to resolve that, but in reality its always something else beneath the surface. It could be a child hood trauma, may be a past life issue or sometimes it is coming from some karmic Debt or even some deep-seated guilt. Sometimes its typical one person or both pretending to be someone else just to get another for whatever mental, emotional and practical reasons and later on, other one realizes who is this person, do I even know him/her. Or sometimes they change with time and have this same feeling I do not know this person anymore.

Phew!!!! really.....

Yes Really. So what does hypnotherapy do? Well to begin with:

1. It increases your awareness.
2. It takes away blame. And make one think more pragmatically.
3. Instead of thinking from victim mode one gets into helping other mode.
4. Whatever decision comes it comes from the space of clear understanding, precision and matter of fact sense. Instead of emotional hurt and pain and sense of un-fulfillment,

Outcome Forgiveness is easy. New beginning or separation

whatever happens, - happens with clarity and Appropriate closure and leave a person emotionally healthy and more with the vibrations to attract healthy relationship and enjoy life.

All relationships can be healed. If only both are for it. No not just verbally, heart and mind and most importantly actions. Without appropriate actions nothing changes. And just the way you follow instructions of your Doctor, if you want to be healthy. DO follow instructions of your therapist. There may be some techniques, affirmations etc.. for you to follow, must be done regularly since they are given to raise your vibrations and strengthen your emotional well being.

“Our solutions are never at the same level, as of our issues”
They are at slightly varied frequency and to reach there, we must raise our vibrations first.

Please understand your solutions may not be what you were expecting or hoping for; since there are two people involved but they will definitely be the one needed and bring lasting peace and happiness. And believe it, when you reach there by that time that's exactly what you would want to have.

Hypnotherapy heals, and healing makes one strong.
If issue lies in childhood traumas or memories it harbours insecurities and when they are healed they strengthen you emotionally.
A strong person, ‘being secure’, emanates acceptance and love, which, creates a Happy atmosphere.

During hypnosis our family belief at this level or at ancestral level can be checked. If they are negative they are oppressive towards partner or lead to have unrealistic expectation or very control freak attitude from one of them. Where a person does not understand

the difference between Love and Oppression all the while thinking they know what's best for the other person. Once these set of beliefs are corrected or healed changes are drastic. Mostly the one feel oppressed comes for therapy and when S/he is been shown that **his/her Freedom was never others', to abuse**. And how negative beliefs in the disguise of some very positive looking morals are creating wreck.

Well! These are few example of healing; there, is a whole lot of plethora to understand and even discover, regarding relationship issues.

So please do not keep on living in pain thinking its **Normal** and everyone has to live this way. No, '**Normal**' is a way to damage your relationship.

There are few things we can take care of ourselves and for anything out of control, please come to your Therapist.

- **Fighting is normal:** a very common phrase. No it's not. It feels good because your pent up emotions get a vent and much needed communication happens. However it is a very negative way to communicate, Even though making up session may be anything between romantic to passionate. But, Negative words and insults hurled during that fit of anger has a way to effect self esteem. Then it sets a further damaging pattern. Please do not resort to this way of communication communicate before things turn into angry brawl. And "Resolve Issues" no matter how trivial it feels to one party, cause if it hurts other, then its real and ticking.
- **Infrequent Sex:** Another Normal, many a time we hear even long gaps in sex as normal. Well every individual's Sex drive may be different but here is an important fact. **Changes to the frequency of sex in a relationship can often be a measure of the strength of connection in the relationship.** While sex is a physical act, it is far more psychological and emotional than many people realize. There are also some

gender differences around sex that can lead to the differences

Women often report a need to feel emotional connect to their partner before they feel sexual desire while men report they need the sexual desire and physical relationship to feel the emotional connection. **What is important here is to know that the shift in sexual desire is a very strong indication of shift in emotional connect within the relationship.** Couple who report to have frequent sex generally, also report more of an emotional connect or satisfaction in a relationship. And vice versa.

Instead of simply accepting a decreased sex drive as **normal** part of time, age lives. Step back; and ask yourself if, you have been feeling less emotionally connected to your partner, in other ways.

If you have any kind of resentment communicate about it. And, listen, sit down, and resolve if your partner has issues.

Reconnecting at emotional level is the quickest way to heal and heat up things physically. ☺

- **To take your Partner For-granted:** Another ‘Normal’, which personally makes me cringe when I see it. How people treat strangers better than the people closest to them. See it from the concept of emotional investment. If we will invest indifference in our most long-term partnership policy then returns and benefits cannot possibly be Love.

What is most puzzling is that, those who do this, seems completely oblivious to the fact that, being disrespectful and rude to their partner has a very negative impact on their relationship. Please do not forget you come close because you were on your best behavior during courtship. So stay on. Do not settle for ‘normal’, relationships take effort and Love, go for better and reach to be Best, Grow and grow and grow with each other forever.

At first call of distress, seek help, and remember, we all have a right to live in happy harmony and, its actually possible. ☺



Varsha Dwivedi

Clinical Hypnotherapist,

-Past life regression Therapist,

-Life between Lives therapist,

-Crystal Healer, -Tarot Reader,

-NLP Trainer to the Coaches

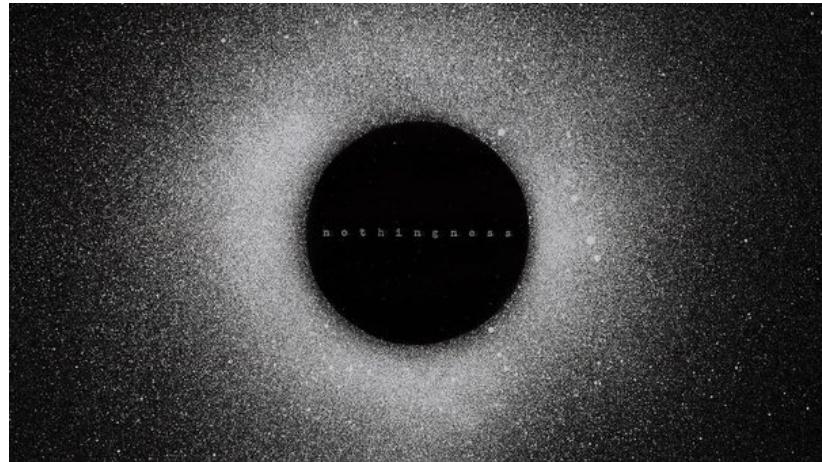
-Master Practitioner and coach of NLP Neuro Linguistic Programming)

& Subconscious Re – imprinting,

-Marma “Vedic Science” Therapist

Email: varshadwivedi225@gmail.com

The Great Nothingness



As found by various authorities in the field of hypnotherapy, all souls are on a journey to learn and gain all different kind of experiences. Each birth on this earth has a predetermined life-design based on what was concurred during 'Life before Life stage'.

Every soul has pre-birth agreements and life-plan based upon following four points:

1. One has to repay karmic obligations / impact of bad karma
2. One has to enjoy the karmic credit / effects of good karma
3. To qualify for enlightenment and liberation soul has to experience both good and bad experiences.
4. In fact souls take some inadequacies, which appear as deficiencies or lack of abilities as part of their pre-plan agreement. Soul chooses these as a part of their plan and purpose of their life on this earth

In short, on the basis of this predetermined life agreement, the soul comes on this earth and tries to learn what it has to learn; gains experience and after that is done in one lifetime or numerous lifetimes; the soul goes back to the spiritual world.

The question is what happens after a soul has learned and gained all the experience. What happens after a soul has neutralized the karmic load. All the desires of the soul are fulfilled. Now there is nothing to learn, there is no desire, no karmic debt to repay. Now soul is experiencing the great nothingness. Different souls reach this state in different number of births depending upon their individual journey. When a soul reaches this great nothingness, there is no desire, no hope and no memory.

Now let me explain this stage in a little more detail. There is no desire means that in this great nothingness, nothing is left to achieve and has nothing is desirable. There is absence of any desire. All the desires have been fulfilled. As all the desires have been fulfilled there is no desire left.

Another great characteristic of this stage of nothingness is that there is no hope. There is total absence of any hope as everything becomes nothing and when there is nothing how can there be any future. As future does not exist how it can be true. When soul realizes that that there is nothing, not even time, it perceives the great nothingness.

This is different than the stage of hopelessness where all possible hope is destroyed. During the stage of hopelessness the soul when in body gives up any expectation of remedy or improvement with regard to his situation. And when circumstances change he may again become hopeful.

As a soul who has achieved the state of great nothingness realizes that there is no future and also no past. When there is no past, how can be memories? Memories refer to something that does not exist presently. Anything that does not exist cannot be true.

After reaching the great nothingness the soul forgets past memories and does not have any hope, he lives in the moment, the present moment. This is the truth, the truth of great nothingness. Many souls who reached the state of great nothing come as advanced soul to guide and lead other souls to god realizations. Such souls will never regress to any of their past-lives. They are just a step away from merging with the energy source called GOD.



- Dr. Dhiraj Nanda (C.Ht)
Hyderabad (India)
MD (Homeo) PG (Homeo) London
Clinical Hypnotherapist
Past Life regression therapist
Life between lives Therapist
Spiritual Hypnotherapist
Email: dr_dhirajnanda@yahoo.com

Stress Management

These days it is very common to hear the term 'stress' in relation to a human in any circumstance. Be it a student, housewife, corporate executive, government employee or even a pensioned person.

Before we look at '**how we can handle stress in a very simple manner**', let us first recognize its symptoms and then fully understand '**what is meant by stress**'.

Symptoms:

What does a person feel physically, emotionally and mentally? When s/he feels stressed? You may feel the below given symptoms in a unique combination for yourself:

Physical

- Pain of any kind
- Heart disease
- Digestive problems
- Sleep problems
- Depression
- Obesity
- Autoimmune diseases
- Skin conditions, such as eczema
- Increased or excessive drinking of alcohol
- Loss of appetite or anorexia
- If you smoke - you'll smoke more
- Increased coffee consumption
- Substance Abuse
- Nail biting
- Muscle tension

Emotional

- Excessive and continuing irritability with other people
- Unable to concentrate - (common symptom of stress)
- Increased and suppressed anger
- Loss of your sense of humor

Mental

Paranoia

You can't make decisions, large or small.
Not be able to cope with life, feeling out of control
Jump from one job to another without finishing things
Excessive emotion & crying at small irritations
Lack of interest in anything other than work
Permanently tired even after sleep - (another very common symptom of stress)
Decreased sex drive / libido

Explaining stress In the following paragraphs I shall make an attempt to explain the term '**stress**', so that we can understand "why do we feel 'we are under stress'?" In engineering during the analysis of steel/concrete/wooden structures, we were introduced to the term '**STRESS**', in relation to the **properties of materials**. '**Stress**' is an **internal resistive/restorative force** that gets generated in the material of a structure, when **an external force** is applied to a component, say a rod, an angle, channel, tube, etc. of a structure, made of any material. As long as the external force is applied-'stress' is a resistive force, which balances the external force and maintains the material in a stable state. When the external force is removed 'stress' force brings the material back to the normal state, and the 'stress' becomes 'zero'. So, while designing a structure/component, the following is done before construction/manufacturing:

Estimation of external force(s) that the element/structure will be subjected to, e.g. weight/load, wind, side thrust, rotating elements, etc. or the combined effect of all of them.

Selection of a material that will best bear the estimated external forces, without failure, under the circumstances of use, i.e. having best internal strength/**properties of materials**.

Size, shape and aesthetics desired to meet the requirement.

Environmental influence that the component has to bear, e.g. moisture, etc. which can influence the strength.

The additional safety factor is to be given, to cater, for any eventuality, to make it completely safe.

The main focus being that, the structure should not fail under any known conditions of use. When failure takes place, we know the '**stress**' was higher than its designed capability, indicating that the external loading (which generated the 'stress') was higher than what the material was designed for/could bear. When an analysis of failure is done, it is found that the failure takes place due to one or more of the following reasons:

- Circumstances under which the component/member is required to function were not determined correctly, or
- The component was made to function beyond its designed limits/envelope of use.
- Types and/or intensity of forces operating under the given circumstances of use were not evaluated correctly.
- Material and/or size of member and/or composite selected was not correct or calculated correctly to withstand the estimated forces.
- The fatigue element (number of times the load would reverse and the frequency) was estimated wrongly.
- The stress within the material is not released by keeping the item in a no load condition for a period of designed time for the cycle of reuse.

Though this is not supposed to be a lesson in engineering design, let us understand the above concept of '**stress**' as applied to a human. In various situations we humans also experience various **external forces** which are mental/emotional/energy related/physical in nature or a combination of all of them, for example:

- Dead Lines of time for completion of:
- Defined work,
- School admissions,
- Studies/preparation for exams
- Arrangement for marriage function
- Arrangements for events, product launches, press insertions, ad releases, etc. etc.
- Sales targets,
- Production targets,

- Project completion,
- House construction,
- Completion of syllabus, homework, project, etc.etc. etc. The list can go on and on...
- Illnesses of self and near and dear ones, death of a family member, etc.

Crisis situations, for example:

- Road/Rail accidents
- Floods
- Natural calamities
- Failure of crops
- War Etc.

Emotional stresses generated by

- Bad/unexpected unacceptable behaviour of people near and dear to you (these are unique for every individual).
- Relationship issues within family, friends, office personnel, etc.

There could be umpteen situations in life where we experience such **external forces**; these could be experienced individually or in a multiple combination of them. As all external forces cause 'internal stress', it is natural to experience some form of internal 'stress' by the individual. Then what is this 'stress' that is getting talked about, in everyday situations, by people? When an individual talks of being under 'tension' or 'stress', what s/he is expressing **is**:

his/her inability to bear/respond 'effectively'/cope with/or handle/ manage that external force(s), in that particular external situation placing demands on him/her, or in a continuation of multiple situations, in which s/he finds herself/himself, because of any of the reasons given below:

- Circumstancial Pressure
- Forced to against one's belief system, Ability, or concepts.
- The mental, emotional and/or physical strength possessed by the individual were not appropriate for the situation at work or family life
- S/he has been kept at the situation for a long period of time continuously, which generated fatigue and had not been

given adequate rest to get over the fatigue,

- A combination of any two or more of the above factors.

The above can occur in any of the following life situations:

- a A family,
- b Office/professional
- c Any individual/personal relationship

My experience is that in a human being, '**stress**' is an internal energy which gets generated and/or accumulated, for the reasons mentioned above, these block the flow of energies in the physical/energy system, that need to be released, to bring the 'stressed person' to the 'normal state', **even though** the external forces are not removed, for him/her to feel comfortable. Other aspects in addition to the ones given above, which enhance and/or cause stress is presence of some human qualities/habits (i.e. properties of the human) in that individual, as given below:

- Procrastination
- Stubbornness
- Non acceptance of other people as they are
- Not willing to listen to other people's point of view
- Inability to adapt to changed circumstances/people
- Impatience
- Arrogance
- Thinking he/she is only right

The prime questions for therapists of any discipline are:

- 'How do we help a person to release 'stress', already being felt by him/her? And
- How do we help an individual not to feel stressed and face the situation in life that cause 'stress'?

How can/does a Hypnotherapist help?

2. As 'stress' is 'internal energy', the hypnotherapist helps the client release the stress, under a simple process when the client is under a state of 'Hypnosis'.
 - a Each situation giving the person 'stress' can be addressed using hypnosis, to make him/her feel comfortable in that situation.
 - b After releasing the current stress level under Hypnosis, the

individual is taught a technique to 'remain relaxed' and/or release the stress energy, any time he/she feels it.

- c By embedding this technique in the sub-conscious mind when the person is under hypnosis, s/he can use the technique in any situation in the normal waking state, by using a given trigger consciously and become relaxed.
- d Now, as the person is able to relax/remains relaxed in the same or similar situation, s/he can plan to augment his/her knowledge/skill set to become capable to address the situation which gave him/her the stress. If required, hypnotherapy can be used to motivate him/her to acquire the capability.
- e Being relaxed also helps the person to talk to the superior or anybody to clarify the issues which produced the stress (e.g. over loading), in order to sort them out.
- f The therapist can also help the individual to change/release some habits and/or human qualities which cause/augment stress, as identified by the individual while interacting with the therapist. These are done in the sub-conscious while the individual is in a state of hypnotic trance.

I have had the experience of people who learned the technique to remain relaxed even in situations in which they used to get into a panic attack. The process has been found to be extremely useful and has helped number of my clients. It is said if you know how to remain relaxed, you can do/manage twice the work/situation in life. Who does not want to be in a relaxed state always? Relaxation is the only way to remain calm also. If we remain relaxed and calm most of our physical illnesses also do not occur. Who would not want to remain relaxed, calm and free from illness, and free from the cost of medication and unproductive time? Also, who does not prefer to have a person on the team (family/profession), who remains relaxed, calm to be able to perform the functions of the requirement smoothly without causing any disturbance in the environment and achieving the objectives of the task at hand!! May you rise to the relaxed, calm, healthy and happy state of being!! **Real Case** A working lady was having one child. But the mother in law wanted her to have another child. She did not want to have the second child. The mother in law kept pressurizing her.

She was in great '**stress**', and very disturbed emotionally. She also did not have the courage to tell her mother in law that she doesn't want the second child. She started having cyst in the ovaries. She now went to doctors and gynecologists. Her going to doctors for her gynecological condition made the mother in law to stop pestering the daughter-in-law.

When she came to me, after hearing her, she was advised to go to the mother-in-law and tell her that she did not want the second child. She was supported and strengthened to say this using hypnosis. She did it and the problem vanished!! Her stress and her physical solution by the subconscious would have given her a very bad physical state.



Dr. Yogesh Chaudhary
Clinical Hypnotherapist,
Life Between Life Therapist,
Spiritual Hypnotherapist and
Past Life Regression Therapist.
Email: yogesh922@yahoo.com
www.hypnotherapydelhi.com/home

CELESTITE



I saw it and could not take my eyes off it there was something very pleasant and soothing in those blue crystals. I have used them in many spiritual endeavor. But my most beautiful one is Astral travel.

But first, let's know, our crystal.

Celestite is a sweet blue crystal, with a lovely gentle uplifting vibration.

While it seems on the surface to just be a crystal with a sweet and gentle energy, it has a **strong stimulating effect on spiritual and psychic gifts.**

It has strong metaphysical properties that will help one, to develop the gift of prophecy, and other psychic abilities.

A cluster of this lovely blue stone in one's room is excellent for emotional state as it is calming and uplifting. It aids mental clarity as it clears and sharpens mental faculties.

How can you use this very beneficial stone to use to elevate your spiritual growth, and, will it aid you to **contact your guardian angels?**

This mineral allows us, access to the higher transpersonal chakras, and via the crown chakra we open the **soul star chakra** also called the eighth chakra.

The eighth chakra is the source of Divine wisdom. Utilizing this area can aid you in the journey towards ascension and supreme enlightenment.

The stone is so beautiful to look at and its energy is sweet and harmonious, yet it packs a spiritual punch, which is something of a surprise.

At the same time it aids you to discover your spirit guide, contact your guardian angel, and helps with developing the gift of prophecy.

All of these higher three chakras have a role in promoting the development of any psychic gifts including clairaudience, also known as psychic hearing, stronger intuition and clairvoyant ability.

By stimulating all three chakras at once, you are likely to find that, these gifts and some other psychic abilities may also develop.

Once you get a piece of this stone it is beneficial to keep it on you.

- There are many other side benefits that may come through during use, such as calming anger and creating patience and serenity.
- It has the potential to also aid with dream recall, and may make your cells open to healing from the angels.
- Its energy while you sleep imbues you with a positive vibration that will stay with you in the morning.
- It is extremely emotionally supportive and an aid in cleansing your etheric field.

Here is a method of a meditation with it.

Sit calmly and hold a piece of Celestine in your hand. Look at it carefully, take in everything of its look, in your eyes. Now, close your eyes visualize it and meanwhile, feel it in your hand, focus on your breath. And make your breath deeper and deeper and deeper. Now, focus on hearing it. Just listen in complete silence to your crystal. Where your eyes are closed and visualizing your crystal, your crystal is in your hand pulsating and vibrating and your focus is on your breath. You will hear it. And have a beautiful experience.

Do not ask anything just hear. You may keep a dairy nearby to record your experience later on. It will be different for every one of you. Enjoy.....



Varsha Dwivedi
Clinical Hypnotherapist,
-Past life regression Therapist,
-Life between Lives therapist,
-Crystal Healer, -Tarot Reader,
-NLP Trainer to the Coaches
-Master Practitioner and coach of NLP Neuro Linguistic Programming)
& Subconscious Re – imprinting,
-Marma "Vedic Science" Therapist
Email: varshadwivedi225@gmail.com

INTERVIEW

DR DHIRAJ NANDA



1. How you became a Hypnotherapist?

My first contact with Dr Yogesh Chaudhary was during November 2008. I had quite a successful practice of homoeopathy spread to five clinics in three cities of India and patients from more 15 countries under my care through internet around then. That time as a homeopath I started treating Dr. Chaudhary's wife.

I had never thought of becoming a Hypnotherapist. During my clinical practice, I came across few cases that had success with Hypnotherapy when all the current Medical Sciences including Allopathic, Homeopathy and Ayurveda failed.

I failed to understand according to my current knowledge of medicine at that time that how Hypnotherapy was effective and successful when all types of medicines failed. Myself being witness to numerous such cases, I realized that there is something that is missing. I wanted to learn, what was that, I am missing.

So, on 12th March 2014 I wrote to Dr. Yogesh Chaudhary Sir, if he still teaches hypnotherapy as earlier he had told me that had stopped teaching.

Though there are many who teach hypnotherapy but I never wanted to learn from them as most only teach theory but Dr. Yogesh Chaudhary classes involve lot of practical teaching.

Again 7th October 2014, I wrote to Dr. Yogesh Chaudhary about my interest in learning hypnotherapy. He agreed and finally, in November 2014 I learned level 1 of hypnotherapy. I remember my secretary had a tough time as she had to reschedule more 120 appointments for me to learn this level. And then I never looked back Level after Level I became a Clinical Hypnotherapist.

2. What were you doing before Hypnotherapy?

As I said earlier I had quite a successful practice of homoeopathy spread to five clinics in three cities of India and patients from more 15 countries under my care through internet around then. Now after learning hypnotherapy, I practice homoeopathy from only one clinic in Hyderabad. I have closed down the branches in other two cities.

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

Hypnotherapy is a complete healing tool available to us. The limitations that are present in the physical medicines can be easily overcome by hypnotherapy. For example, clinical conditions having their origin through what we call as past life memories (called as spiritual cellular memories by some hypnotherapy authors) can be released only by hypnotherapy. To give an example, a lady who was under my treatment for migraine and had already taken treatment from many Allopath's of Hyderabad and Mumbai, was completely healed and free from the migraine attacks after the cause of the migraine attack which was traced down to the previous life's fatal head injury. She was taken to previous life and healed under hypnosis.

4. How do you incorporate Homeopathy with Hypnotherapy? Any examples...

There are many similarities in history between Homeopathy and Hypnotherapy. Both came around the same time. Both had a German connection. Father of Homeopathy and father of Hypnotherapy both had to leave the country of birth and died in another country.

Homeopathy uses medicines in a much diluted form in which the materialistic quantity of the basic medicine is so less that only sophisticated techniques can identify it. With decrease in the materialistic quantity the energy quotient of the medicine increases. So in homeopathy it is this energized medicine which, stimulates body to heal itself. Hypnotherapy also uses energies to heal the sufferings.

After learning hypnotherapy I started using hypnotherapy in homeopathy to eliciting the correct past history of the patient. Most of us repress memories relates to bad and ugly experiences. Many times the disease onset is a sequel to such bad or ugly experiences. So prescription based on correct past History improved my prescription of homeopathy.

It was a good luck that on second day of level 1 hypnotherapy class we had a demo subject who went into her past life. Just after finishing my level 1 training, I had a chance to hypnotize one of my cousins in Delhi. Of late he was suffering from lower back pain. The cause of this back pain was not known. All reports were normal. According to doctors this lower back pain was because of too much of strain and exertion. Under hypnosis, when I asked his mind to go to the point of origin of the pain, he started speaking of his one of past life 1930 when he suffered a back injury on a railway station. Being into homeopathy for more than 20 years at that time, a thought crossed my mind had he be given Arnica at that time he would not have sufferings from back pain in this life.

I was not having any medicine with me, so what to do. I prayed for help and guidance. Next thought was to heal him by sending him energy of Arnica 200 there and then, while he was still in his past life. As all energies including energies of different medicines come from same energy source called as God. I did so and brought him out of hypnosis. Since then his back pain has considerably reduced.

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

The perspective towards life has undergone a lot of change after learning Hypnotherapy now I am definitely much more conscious of my speech and actions. I am constantly striving to raise my vibrations.

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

I can say that one sequence of events and two cases have been life changing experience. Let me tell the cases first.

The first one was of a young unmarried girl who was always angry. Under hypnosis when I ask her to go to the point of origin of anger, she traveled into a past life and told her anger is due to early death of both the parents who died in a volcanic eruption. What was astonishing, in this case the date and description mentioned by this girl under hypnosis about that volcanic eruption could be corroborated historically.

The second case was of a lady who wanted to go to Australia for last 3 years no she never had any business or relatives in Australia when asked under hypnosis why she wants to go to Australia it was found that she is carrying energy of an Australian man who had died in a car accident in 1956 after releasing this energy of the man to the spirit world I handed over the recording to this lady she got the entire facts confirmed from the records of Australian authorities. The name, age, the description of this fatal road accident, the person who was driving the vehicle, the area of accident, etc. everything matched.

These two initial cases I would like to tell about a sequence of events. These events relate to first three cases where Lord Shiva's energy was channelized by the client/patient. Three different ladies; speaking three different languages; from three different places, first one from Canada, second from Jabalpur and third one at Hyderabad; at three different places; at three different times but what was pleasant surprise that even the words of message channelized from Lord Shiva were same "Keep up your Good work."

After the initial communication with Lord Shiva's energy I feel blessed to have a regular communication with higher energies, Masters, Angles, Guides and at times Godly energies.

7. WOW!!!

What is the common challenge you come across as a therapists

The most common challenge that we face in practice arise due to ignorance about hypnotherapy some people are afraid what if they won't come back out of hypnosis while others have fear that they will be losing control to the therapist.

8. How do you resolve them?

The best way to overcome these challenges is increasing the awareness about Hypnotherapy.

9. What is your take on various Healing Medium?

Now I have come to conclusion everything can become Healing Medium it just depends on the free will of the individual. If his intention is to get healed the energy source can convert anything into healing medium.

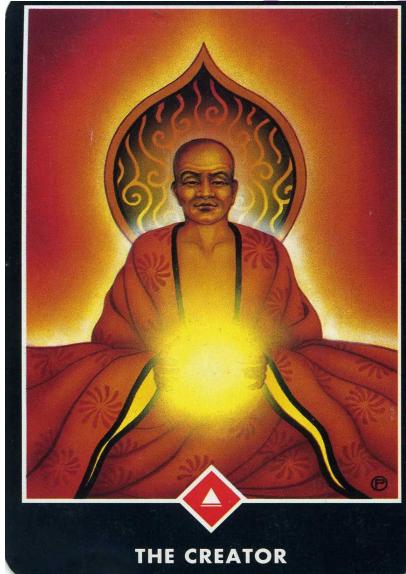
10. Amazing reflections.! Please explain Hypnotherapy in your words.

In my opinion Hypnotherapy is the science of transformation at the levels of mind, body and spirit. It is Science, that, can ultimately make one lead a happy and contented life on this earth.

To contact Dr. Dhiraj Nanda:

- Dr. Dhiraj Nanda (C.Ht)
Hyderabad (India)
MD (Homeo) PG (Homeo) London
Clinical Hypnotherapist
Past Life regression therapist
Life between lives Therapist
Spiritual Hypnotherapist
E.mail: dr_dhirajnanda@yahoo.com

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The Zen master in this card has harnessed the energy of fire and is able to use it for creation rather than destruction. He invites us to recognize and participate with him in the understanding that belongs to those who have mastered the fires of passion, without repressing them or allowing them to get destructive and out of balance.

He is so integrated that there is no longer any difference between who he is inside and who he is in the world outside. He offers this gift of understanding and integration to all those who come to him, the gift of creative light that comes from the center of his being.

The King of Fire tells us that anything that we undertake now, with the understanding that comes from maturity, will bring enrichment to our own lives and to the lives of others. Using whatever skills you have, whatever you have learned from your own life experience, **it is time to express yourself.**

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
29	30					

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