

**"My command is this: Love each other as I have loved you.
"John 15:12:**



Healing and Hypnotherapy

Volume -2, Issue11 "1 May 2018"

Thomas A
Hilton Jr.

उद्धरेदात्मनात्मानं नात्मानमवसादयेत् /
आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः ॥ ५॥

One should raise oneself by one's Self alone; one should not lower oneself. For the 'Self' alone is the friend of one, and the 'Self' alone is the enemy of one.

Srimad Bhagvadgeeta, Chapter 6: Verse 5

From The Desk

LOVE IS NOT A DREAM

I will listen deeply to you, yes, but I will never try to fix you, save you, mend you, stop you feeling, what you are feeling or give you second-hand memorized answers. I will never pretend to be 'the one who knows', 'the enlightened one', 'the guru' or some missionary for a conceptual truth so far removed from real-time, immediate, first-hand present experience. I will not indulge and feed your stories and mental conclusions and projections, I will not get into drama with you, I will not mistake you for my story about you, my dream of who you are.

But friend, I will speak the truth to you, even if the truth triggers great pain. I will not spare our love from truth. I will meet you in the sacred fire of truth. I will hold your hand there, I will walk with you as far as I can walk with you today, and bless you as we part. For in the deepest recesses of our experience we are intimately each other, and we cannot pretend otherwise.

Love is not a dream, love is not even a promise; *"It is the willingness to burn the false, the courage to meet in the Fire"*

Jeff Foster

"EXPERIENCE; this is what is the whole point of our existence"

Truth stands as witness while lies, pretentions and acts play roles. Ego is the child of intellect so it seeks difficult, in order to have sense of achievement. While, 'Truth' is simple. Facts do not seek to prove anything; it neither requires projections nor achievements. Its in 'Be'

We are in it, and we are it. ☺

The only thing is to know it, and just one moment is enough.....

Dr Dhiraj Nanda - What is life, Teaching Me?

It teaches us one thing, do not judge anything or anyone. Life's lessons are really very amazing, Even Divorce ??!!!!!! listen to that inner voice and 'listen it good'.

Dr Bruce E. Kaloski – “Fear of Public Speaking”.....

It's past life connection is so intriguing that sometimes it really makes one think, is there anything called incompetence in any field or these are mere impressions of past lives. Which can be healed?

Varsha Dwivedi – Express yourself

Talks about Depression and its cure in Hypnotherapy a must read for all. That too, without drugs.

Thomas A. Hilton Jr. – Miracle of Hypnotherapy

One more amazing miracle is waiting here for our readers. Can we regrow our hair!?? Lets read it and see it too; well instill a new belief.

A Prakash – Exploring Beyond.....

Keeping with the tradition he has given one more intriguing turn with the help of Hypnotherapy ; Instilling 'Psychometry ' (to get information by just touching something; *Volturi Aro* (Twilight Saga)☺ well not exactly but somewhat close.☺) through hypnotherapy!!!!?? Why Not? Lets read it.

Gunilla Hamne and Ulf Sandstrom – Caring in Good Way.

This one is important for every Healer no matter what method we follow it should be the first lesson in our healing book. Do tie our own oxygen mask first in emergency before helping others. And there too do it appropriately. I highly recommend it.

Neha Sharma – Love and Sex

Mind blowing is the word !!!!! How everything happening at a gross level affect our subtle world and then its' effects again manifest at our own self. Is Body and psyche really separate, can we simply enjoy sex and walk away with no string attached??? Or there are strings 'Literally'. Go and read, this piece is so amazing.

Crystal – Varsha Dwivedi – Rutilated Quartz

A little less known one: but very valuable. Lets open this miracle in our life.

Hypnotherapist of The Month – Thomas A. Hilton Jr.

Now this one is chosen by destiny. Well the story is – someone else was slated for this month but as the luck would have it I had cover page, interview and even write up, turned out accidentally, write up got repeated. And our author was unavailable by then.

I already had Thomas' write up with me so he agreed for Interview and Cover page. And After reading his Interview I knew why was he chosen for this month. Enjoy the whole interview but, do not forget to read his last answer. That's what all therapists need: Old and new alike. Apply NLP, weed out all negative believes from within. Your conviction affects your success rate with your client.

Tarot of this month: Comes out from Fire deck means 'Visible to the World- Action' even when the change or shift is within. So get ready Month is on Fire and so should you be, seriously 😊

Well my dear writers and my dear – dear readers, I am speechless while I have this issue in my hand which I am about to share with you all. What a treasure chest it is. Every writer/ Therapist has given something invaluable. Every piece is a precious jewel. And this growth is remarkable. I am in deep gratitude to the universe, to my writers and my dear readers.

Let this tribe grow
Amen.

Love and Light
Varsha



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

What is, “Life” Teaching Me?

Always ask; What is, “Life” teaching me? We all come to this earth to learn and experience. If we fail to learn then we come back again and again to learn the same lesson. Universe is always in communication with us but we may not be able to understand what universe is communicating to us. This is one reason why we have young and old souls that turn up in our hypnotic sessions. I have had interaction with souls who are having first or second birth and also I have come across those who have spend large number of lives already.

Souls who learn and experience the progresses faster and may have a few past-lives while those who do not learn and experience, what they chose to learn and experience on this earth plane come back again and again living a same or similar pattern. If one finds during hypnotherapy sessions a pattern which is repeating life after life it's an indication that the soul is not able to understand and learn what it was suppose to.

A 33 year old lady of was under my treatment for last 4 years for some Gynecological problem. In spite of best medication, her problems were not improving satisfactorily. So after about 3 or 4 visits I called her husband to understand family dynamics. He appeared to be very nice very cooperative but one thing which appeared suspicious to me was that, for everything which went wrong in their relationship, or, in their life, he was simply accusing and blaming his wife. Even for sufferings of his parents he would simply blame his wife.

Soon he also started his treatment with me for some heart ailment which he was suffering. His nature became clear to me when he told that he was suffering from rheumatic heart disease much before he got married, and this was hidden from the young lady and her family at the time of marriage. It is only later, about 3 years of marriage this lady discovered that her husband is suffering from heart disease.

Within a year and a half of starting treatment with me, the husband applied for a job in another city. I thought this was a very good change, which might help restore the relationship between two as; 'they will be away from the husband's parents' but he proved me wrong.

After they shifted to this new city which was 700 km away from my city that lady started visiting my clinic almost every second month with lot of marks of physical abuse. She was into depression had lost her self confidence and was contemplating suicide.

With lot of counseling sessions given to her by my wife, who is a lawyer, and me she made up her mind to give her life a new try in order to make the relationship and marriage work again but all her efforts went in vain. About 7 - 8 months later her sister brought her again. This time she was in a very bad shape both mentally and physically. Her condition was so bad that I advised her to file a police complaint and again referred her to my wife for legal opinion.

When all efforts of mutual reconciliation between this lady and her husband failed, she decided to file for divorce. They did not have any children so it was not very difficult.

In due course of time, divorce happened, and this lady came back to the city. After that stressful period was over her health improved dramatically. She was aware that I practice Spiritual Hypnotherapy. Now she wanted to know why she had to undergo divorce.

So we started hypnotherapy sessions for her and it became very clear that she had been carrying past life Impressions and memories from at least previous three lives, which, were with the same husband having same toxic relationship. In all the previous three lives she had suffered torture, physical and mental abuse by the same person in various incarnations as her husband. When she was taken to the last day of each of these three lives, individually, and asked to identify her feelings, just before her death, her answer was; “at last death is liberating me from the torture of my husband”.

But, alas what a misconception; death does not release any pain if we do not learn our lessons we come again and again in similar situation to finish that learning. Only learned lessons help to lift ones’ pain.

The lesson that she failed to understand and learn, in those three previous lives was learnt, in the present life that: “to have courage to walk-out of a toxic relationship.” This is what she did in this life.

So next time when we complain why me let’s just think a little beyond what is my learning in this situation.



- 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

“Fear Of Public Speaking” **and** **Past Life Therapy**

In Part One of this series we discussed the theory and basis behind Past Life Therapy. To briefly recapitulate, 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.

Eduardo (not his real name) aspired to become a Motivational Speaker to the Hispanic market. However, this dream was hindered by a paralyzing fear of Public Speaking. When called upon to speak in public, he could do little more than stutter and stammer. I hypnotized him and directed him to go back to a lifetime that precipitated his fear. He found himself in Ancient Rome and was able to describe his life, the city and events of the time in vivid detail. I then directed him to go to a specific event in that lifetime that was the genesis of his fear of public speaking.

He related that his occupation in that lifetime was as an “announcer” at the Roman Coliseum. His job (as he put it) was to walk out to the middle of the field with a scroll containing the day’s events, (lions eating Christians, gladiators dismembering each other, etc.), open the scroll and then read it to the assembled crowd.

One day, as he stood in front of 50,000 or so Roman citizens, (including the Emperor and his court) he opened the scroll and prepared to announce the day’s events as he had done dozens of times before. Lo and behold, his colleagues had played a prank on him and switched scrolls, handing him a blank one. He froze and began to stutter and stammer. He ran from the Coliseum’s floor in embarrassment and shame, the laughter and jeers of the crowd ringing in his ears.

This, of course, translated into a fear of public speaking in his present life. After having uncovered this (and with a bit of additional hypnotherapy aimed at eradicating his phobia) he went on to follow his dream and is now one of the Nation’s top Hispanic Motivational/Personal Development Speakers.

Want to know more about the fascinating journey of past lives Check out his book at: <https://www.amazon.com/Your-Journey-Was-Never-Meant-ebook/dp/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

Learn to Express - with Hypnotherapy And Banish Depression

“The stage, where a person stop or totally lost hope to express himself in any form is Depression”

Most people go through periods of feeling down, but when you're depressed you feel persistently sad for weeks or months, rather than just a few days.

Some people think depression is trivial and not a genuine health condition. They're wrong – it is a real illness with real symptoms. Depression isn't a sign of weakness or something you can "snap out of" by "pulling yourself together".

The good news is that with the right treatment and support, most people with depression can make a full recovery.

Signs and symptoms

Symptoms of depression can include:

- Depressed mood
- Reduced interest or pleasure in activities previously enjoyed, loss of sexual desire
- Unintentional weight loss (without dieting) or low appetite
- Insomnia (difficulty sleeping) or hypersomnia (excessive sleeping)
- Psychomotor agitation, for example, restlessness, pacing up and down
- Delayed psychomotor skills, for example, slowed movement and speech
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Impaired ability to think, concentrate, or make decisions
- Recurrent thoughts of death or suicide, or attempt at suicide

Depression is often a reaction to a distressing or traumatic event. **The people and situations that are associated with the traumatic event in our lives are referred to as *traumatic triggers*.**

An example is someone reporting, “I never was depressed before my

father (mother, child, spouse, best friend) died.” After a loved one passes on, the individual often has to deal with their belongings including their home, or now has to take on their responsibilities. Any of these can become traumatic triggers. If the person or family member who has lost the loved one does not have time to fully grieve the loss, and to process unfinished feelings about the person, depression may set in almost immediately.

Other traumatic triggers include losing a job, divorce, or financial reversals such as bankruptcy or home foreclosure more

In current world our society is dealing with emotional and mental harassment which is so subtle, and which has seeped in our society with the advent of socially correct behavior, and a huge rise in narcissistic approach is visible. Such People are brilliant in outer circle and are completely worse with their partners or very close people. Behavioral issues are more critical and subtle and, specially confusing since, they do not reach at the border of physical abuse. So socially nobody understand or believes the victim. Since otherwise everything is politically correct and perfect as per social norms.

Its symptoms are:

- They talk sweet publicly, personally ignore or sometime even hurt.
- Shouting/ Criticizing at something very trivial is normal to them.
- They do not respect you.
- They are never available at the hour of need.
- They seems to be perfectly logical and aware being in social setups but they never seems to understand any logic in a relationship, as if they live in their own worlds.
- They never take a stand for you.
- They do not just decide for themselves but, they decide for other person as well.
- They are Passive aggressive
- They never take direct stand or responsibility
- They mirror other person when it comes to confrontation, they will simply blame you and put similar accusation
- They are incapable of feeling remorse or guilt. Their Sorry's are:- (all right now I am in this situation and I need to say sorry

to get out of it.) It never comes out of their realization of mistake.

- They are not the people of their words
- They avoid responsibility as much as they can
- They have very rigid mindset regarding their beliefs e.g. male female role etc... Even when, they are very politically correct publicly.
- Your dreams, choices, way of thinking nothing matters. Their convenience prevails. However, where they want they can be very cooperative. Point is, it should be their choice.
- Image is everything to them.

List may include more. But if you are at the receiving end of this behavior you must check your mental state. You may be in deep depression.

Those who see themselves reflecting even in half of this list must understand they too have inner issues. And these issues can be helped. If only they want to, 'it can be resolved'.

Most of the time it takes a very long time for even Victim to understand what actually is going on. He/ She starts to do everything to save their relationship only to realize its not bad times in relationship it's actually a bad and toxic relationship. In such cases victim gets into deep depression. Social pressure and sheer loneliness of no-body around, to understand them, makes situation worst.

Following are some of the typical signs of depression that may take over slowly like a fog rolling in on what was previously a sunny day and now is becoming darker with each minute.

1– “Now, I can't get out of bed in the morning. I just don't have the same interest in things that I used to.”

2 – “I have body pains and I'm worried that I may have (cancer, arthritis, diabetes, etc.).”

3 – “I can't seem to stop overeating and I gained weight.” Or “I have gone back to drinking, smoking cigarettes or pot, etc.”

4 – “I'm having trouble sleeping at night and I'm exhausted.”

5 – “I cry at the drop of a hat, but mostly I feel numb.” (This one is very apt, 'numbness', unable to feel anything and delayed reaction comes in form of tears.)

Often these symptoms will be treated with drugs prescribed by a doctor. Anti-depressants, sleep medication, and perhaps a diet or stop smoking program will be prescribed. These treatment methods, of course, are aimed at *symptom relief* but don't get down to treating the underlying cause of the depression.

If the depressed person goes to a counselor, they will talk about the feelings, which, may help for a while. Other therapists may try relaxation techniques combined with positive affirmations. There is a basic reason why these common responses to depression don't really work: they do not address or resolve the deeper underlying causes of depression.

HOW DOES CLINICAL HYPNOTHERAPY TREAT DEPRESSION?

1. It helps us enter the subconscious:

First, we drop down from the conscious mind, which is only 10% of the mind into the subconscious mind. Now we are addressing the whole person, 100% of the mind rather than just treating the symptoms.

2. It helps us identify the "Deep underlying Cause".

People often have deep underlying cause of depression which we term as "**unfinished business**" with whatever has been lost, be it a loved one, a job, a home, known circumstances, Previous comfort zone, or a very long term constant situation of abuse can also be the reason of depression. Cause they give unresolved feelings.

These unresolved feelings, such as resentments, regrets, blame, anger, guilt, jealousy, and fear are stored in the body and must be released, as soon as possible. After, the *event which, triggers it happened*

Otherwise they get deeply buried beneath the numbness created by the anti-depressant drugs, the addictive behavior, and the concurrent repression that occurs when trauma and grief go untreated.

Clinical hypnotherapy works for depression because it removes the underlying basis of depression and completes the unfinished business that otherwise continues to recycle as self-sabotaging thoughts and behaviors.

3. It helps us "finish" the "unfinished business", and release the

stored emotions/experiences.

With hypnotherapy, we can go down to the deepest level of these traumatic experiences, memories and stored emotions to release them from the mind and body. When this hypnotherapy process is completed, the client reports that their depression has lifted, that they have stopped the compulsive thoughts or behavior, and that they are ready to resume living their lives again.

4. It helps us replace the trauma with positivity.

With each healing session of clinical hypnotherapy, we can replace the fearful repetitive thoughts that often haunt people following a traumatic experience. Positive affirmations now work because the underlying emotional release has been accomplished.

5. It helps us use the power of hypnotic suggestion to create long-term improvement.

Hypnotherapy provides an effective way to access the individual's ability to affect the physical body. Once self-sabotaging thoughts and behaviors have been resolved, the individual can begin to use hypnotic suggestibility to improve the body's functioning. Hypnotherapy can be very helpful in correcting patterns of restless sleep, low energy or libido, headaches or chronic pain. And one can use hypnotherapy to increase motivation to exercise and eat properly.

Consistent research and methodology refinement has allowed hypnotherapy to progress as an advanced form of therapy to the point, where clinical hypnotherapy is now **regularly** considered as a treatment option for depression. Working in tandem with Neuro linguistic Programing, and a combination of psychological techniques, hypnotherapy can be a highly successful form of treatment for individuals with depression.



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

Miracle of Hypnotherapy

**Before,
After 1 week**



After 5 weeks

Although, Hypnosis has been around for ages. Its acceptance has been rather slow to gain the respect it truly deserves even today. Some would say it was due to the public opinion behind the early stage shows performed and the misconceptions that it was a form of mind control. In 2014, I became very interested in Hypnosis but from a rather inquisitive manner. I had been researching on my own, just how powerful the mind can be. I had studied neuroscience and even the effects metaphysics plays on our daily lives. While studying psychology in general, the art of marketing and perception to the public was of a very interest to me as well. Once I realized just how effective marketing is taken very seriously by major companies today in such a way that billions of dollars are spent to assist in persuading the public that their product fills a void in their lives. It became obvious to me that the wrong people were using these techniques for profit and getting away with it.

Hypnosis has always been recognized as merely a suggestible state of mind, where access to the subconscious can assist in creating change. After becoming certified myself as a hypnotist, I thought of all the possibilities while looking into setting up my

hypnotherapy office. Looking over the material I was provided with to help in promoting the craft. Brochures describing over 144 different behavioral issues where hypnosis had been very successful. While reading the list, naturally I began to see many ways I could use hypnosis within my own life. To once and for all, make positive changes to the areas I had felt were holding me back socially perhaps. Fear of public speaking for example.

However, I had always been fascinated by my earlier research where auto-suggestions were used to even effect the body itself. I had, of course, read many studies and papers where miracles and medical cases were documented with hypnosis being at the center of the story. It got me to thinking about self-hypnosis even more. I had read where our own words and thoughts are affecting our bodies every day and I wanted to test some theories of mind, so I began my list of ways I could start experimenting on myself using a combination of meditation, self-hypnosis, listening to popular recordings of other hypnotist. Not really knowing where I wanted to start. My list had become rather long as one could imagine when we begin to nitpick ourselves.

To my amazement the first three on my list took very little time to begin noticing some positive improvements. I had successfully aided the renewal of a thumb nail that had given me problems for a very long time, many years of trying products and such with nothing working. Hypnosis did the trick. Then I decided to experiment on areas on the skin. After a little research and discovering that things like epidermoid cysts and even skin tags were common and normally safe to experiment on, I began working up the appropriate words to use within short scripts of hypnosis sessions. Again, to my amazement this time, both skin issues disappeared rather quickly within only a few days from another. I began feeling rather stronger in my experiment efforts.

So here I was excited to have perfect finger nails on both hands and could finally walk around shirtless during the summer again without feeling self-conscious about any of them.

So, standing before a mirror, I noticed the one area that most of America has grown so accustomed to seeing out in public and that was the thinning of hair on men and the balding look on over half of men. I was becoming part of that statistic as well. My hair had thinned over the years, but I kept the same hair style, but I began

noticing the photos were looking different. The thinning of my hair when I parted it on the side began to appear flat on top where it once appeared thick and full. My next experiment became my hair. I didn't know how long it would take but I knew I had to give it a try. I began to research the phrases, "hair loss" and "hair regrowth" on the internet. I quickly became very knowledgeable about the entire process of hair regrowth and the most common causes of hair thinning and hair loss itself.

I knew I would over time have to create several different recordings focusing on the many common causes. I felt it best to even shave my head so that I could document and photograph headshots, so I could look for even the smallest signs of new hair growth. Especially after learning that hair grows a certain length daily and weekly and at different stages of growth even under normal conditions. I decided to share this experiment with others in real-time as well. I knew it would be a longer experiment, so I began documenting it with a Facebook blog page. [**https://www.facebook.com/regrewmyhair/**](https://www.facebook.com/regrewmyhair/)

Two photos that helped me see some satisfying results were taken after one week of sessions and another after 5 weeks of sessions.

With many more sessions to come, this experiment I feel is worth taking the time and doing it right. I'm in no hurry but enjoying every minute. Perhaps an attempt at improving my eyesight will be next as well. Changing back the clock on aging. Sounds perfect to me. Looking forward to that day I can update my business profile photo too!



Thomas A Hilton Jr
HMI – Hypnosis Motivation Institute Graduate
Certified Hypnotist / Hypnotherapist
Specializing in Sports Performance
& Mental Training
<http://www.hypnosiscentersofmississippi.com>
<https://www.linkedin.com/in/tahiltonjr/>
email: tahiltonjr@gmail.com

Hypnotherapy: “Exploring Beyond”

“Psychometry or Psychoscopy”

Last month in April (2018) issue of the journal we had touched upon the use of Hypnotherapy, for exploring and experiencing various aspects of our “Conscious”, Beyond the limits of our routine expressions, via our five senses of sight, touch, hearing, taste and smell. This realm of perception, beyond the five senses is what has been termed as Extrasensory Perception (ESP) or the ‘Sixth Sense’.

As shared in previous issue, regarding aiding a client to explore and experience “Astral Projection/Travel “ by use of Hypnotherapy, not just to facilitate the experience but also to anchor it within the client’s conscious awareness, whereby the client at a later stage could do ‘Astral Projection/Travel ‘ all alone, without the aid and guidance of the Hypnotherapist!

Today we will further explore how hypnotherapy was used to explore experience and subsequently/ anchor the lessor known ESP phenomenon of Psychometry or Psychoscopy which, is the ability to obtain information about an object by touch.

Once during a session in which the client was regressed to a past life connected to the issue. The client reported repeated flashes of being amongst the ruins of what looked like a fortress. Even after stabilizing the client in that surrounding and that moment, the client could not get more information regarding the link or connection of those ruins with the issue for which we were doing the session. At this point with client’s consent we decided to explore the power of client’s perception to go beyond the visible and perceive the information imbedded in those ruins.

So after several cycles of energizing and stabilizing the client’s energy field the client was guided to focus the flow of awareness through the palms and place the palm on the walls of the ruins, The client was guided to “ Connect ‘ with the Energy field of the

wall and explore all the information therein of relevance to the client's issue.

Client reported a feeling of being one with the energy field of that ruined fortress and could immediately see the information relevant to the issue for which we had scheduled the session. Once the information we needed was received the client was guided to disconnect with that energy field and the whole process was anchored and embedded as part of conscious awareness so that the client may use the same later on to explore and expand his/her own level of perception and awareness of the world around. After the session client reported the vivid imagery and rich details of the event which, came with awareness regarding the issue, by touch. Later the client reported having developed an enhanced sense of oneness with the objects and the world around. The most amazing demonstration of this power of enhanced perception of touch came a few month later when the client came to visit me.

Just the day before a friend of mine had returned from the holy pilgrimage of Kailash Mansarovar in Tibet. (It's a Pilgrimage undertaken by thousand of hindus every year, and is considered very auspicious, as the 'Kailash Peak' in Himalayas is considered to be the abode of Shiva, the Ethereal Lord!)

He lovingly had brought a small piece of rock from Kailash as a blessing/souvenir for me.

So when my client came, I asked about the experience and progress regarding the anchor of touch, which we had worked in our session. Once the client confided an enhanced level of perception I simply handed over that piece of rock (which was brought by my friend from 'Kailash Mansarovar') and requested to share what all information it gives by the touch of it.

Here it is pertinent to mention, that, my client had no connection to that friend and had no idea from where that stone came from. For all practical purpose it was just a piece of rock to my client. Yet, once my client held it in hand and closed the eyes a broad smile had come on the face. The first words were " Its millions of years old and is pulsating with very high energy. It has come from someplace very high, very cold yet its energies are very warm and

loving. I see, high peaks and feel very high vibrational energy as if its some place very special”

This narrative fits so close to the actual origin of the rock which came from the Kailash in Himalaya; which are millions of years old, have high altitude, are extremely cold and said to be the place of very high vibration. So what the client demonstrated or shared was just one more proof that the anchor of touch was really working and with each passing day this client was capable to explore and expand the perception of touch indefinitely on its own.

May we all be Aware of our “Limitlessness”

Love and Light – today and always!



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

Caring in a Good Way

No matter how good your intentions are, caring in some ways can make a person feel worse than before.

Sympathizing can harm others

Be careful offering your sympathy to people who have suffered. Sometimes this will make things worse. Reading into your sympathy a person who has survived abuse and trauma may be reminded that they have experienced something terrible, and this can be very disempowering. Treat them like how you think they want to feel, not how you think they feel. Instead of sounding sorry for them, offer your help and support in a neutral voice, allowing them to calibrate their emotions.

Empathizing can harm you

To empathize with another person's trauma by imagining what they have been through is unnecessary and can put you at risk of developing a secondary trauma.

Compassion empowers

If you offer others your help in a way that empowers them, you will make them feel strong. This allows you to respect their pain and experience in a positive way. If you want to help a soldier, remember that his or her value system is built around self-sufficiency. Sympathy can be insulting and provoke aggressive responses, empathy too. Treat a survivor with respect, warmth and good humor.

We often say ***“I cannot imagine how you feel, or what you have been through, but I am here for you and would like to offer my support if you wish to receive it.”***

Picking up Emotions

Have you ever experienced a contagious mood where somebody else's joy or anguish seems to slip inside you, as if it was transferred?

In one part of our brain there are specialized neural cells, called mirror neurons, constantly mirroring the actions, movements and possible intentions of animals and people around us. This is believed to be part of what makes empathy possible, but also a part of how we can internalize other people's traumatic experiences when we are around them, with the risk of acquiring secondary, or vicarious trauma. To avoid the kind of secondary trauma that can be transferred when you are working with traumatized people we use Trauma Tapping on each other and ourselves on a regular basis.

Positive Tapping

One way of protecting yourself is to tap on positive feelings to reinforce them. This is very simple: Anytime you experience a good feeling you simply do the tapping procedure and allow yourself to integrate the power of this good feeling.

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



Gunilla Hamne,
"Sweden"

Stress and Trauma Consultant
Founder of Peaceful HeartNetwork
www.peacefulheart.se
www.selfhelpfortrauma.org



Ulf Sandström

Is a mental trainer and hypnotherapist
A complementary therapist
with in-depth knowledge and experience of
principles, methods and procedures
for treatment of a large variety of
symptoms of emotional stress and trauma;
including flashbacks, addiction, chronic pain,
cognitive dissonance, IBS, GAD COD, grief, rumination and sleep.
With the Peaceful HeartNetwork he works with First Aid
for emotional and traumatic stress in zone of post- conflict
such as: Rwanda, D.R. Congo and Lesbos, Greece
Read more at: www.ulf sandstrom.com,
www.peacefulheart.se & www.selfhelpfortrauma.org.

Love and Sex



A Guy, tied by ropes, unable to move ahead, stuck at one place and time, he is badly hurt and screaming, Suddenly, he got up and realizes, it was just a dream, no ropes are there, his body is free yet that, “feel” is still there.

Mentally and emotionally he was feeling stuck in a dark room, hurt with deep desire to scream out his entire pain and this was not a dream.

To distract his mind he tried everything like partying with friends, girls, one-night stands and alcohol for no avail, just to make it worse. He believed meditation is for old people, when you have nothing better to do. When he could not bear this suffocation any more then finally he came to hypnotherapy as last resort

This session is not about any past life issue it has taken him in his different stages of present life.

Since early-teens he got into pornography and by the time he was 15 he got into physical relationships, and one nightstand, having 2-3 girl friends at a time in his life became normal routine. If he has to lure girls by telling them that how much he loves them he did that too. So after 15yrs of age he

was never without girlfriend. He felt one night stand is natural, harmless thing nothing wrong about it.

Now, During session he has seen every girl he slept with and has seen threads, one end connected to his body and other in those girls body and he was being pulled in that many directions, not able to move ahead, stuck in time and place just like his dream.

After second session he healed little bit, he felt like he can breathe again. Two more sessions are in-line to help him to move ahead.

Question arises, one nightstand, extra marital affairs or multiple relationships ...is it really cool trend of today's world or we are simply abusing ourselves??????

Are we making fool of ourselves???? Well according to the session Yes. We are. We are not fooling anyone just us, cause in doing all these things we lost trust of others, well according to the session even that is not a big deal.

Big deal is, we stop trusting our heart and mind and ourselves. In a bigger picture such people loose the ability to trust anyone. We can't differentiate between right and wrong, and worst occurs when somebody who is really love of your life crosses your path you don't even realize at that time, and when time passes by, you live with guilt, suffocation and pain. Without you realizing why is it there, yet it is there, to make you feel miserable.

And even if one realizes it, and want to live that beauty in one's life then, impressions of past encounters give 'one'; trust issues, inability to be in that moment completely, and restlessness. Due to multiple fragment attachments with the people with whom previous relationships happened, there are constant behavioral issues, which leads to constant trouble in relationship.

'An, eye opening session indeed'.....

My Guru, once said: “Relationship should be like desert, not main course” and I completely agree with this.

We all must have bigger purpose in life than just drooling around opposite gender or same, as is the choice, or searching love of your life. You can never find love, as ‘Love Finds You’, that too when you are not looking for it, instead, when you are busy bringing smile in others life, or doing something worthwhile for you. Then, you will not be confused and you will recognize it instantly looking into those eyes.

This is my understanding when you are with the right person you don’t feel like wasting your time in flirting etc. and that will save you from loads of hassles and pain.

May you realize Love in your Life ☺



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

Rutilated Quartz



My contact with this crystal happened very unusually I went to buy crystal for someone else as gift and once I bought the gift I attracted to a rose quartz pendent which has gold rutile in it. and, it was Love at first sight. Its properties are very gentle and loving, with rose quartz, its even more loving.

The Rutilated Quartz is a clear to sometimes Smokey Quartz that has a mineral called "Rutile" growing within it. Rutile can be a few different colors with red and gold being the most common.

The gold Rutile is extremely fragile on its own but when it has grown within the barriers of a crystal it is not only beautiful but also held up and supported by the crystal making it stronger. This is a third chakra crystal and resonates with the power center known as the solar plexus. This is where personal power is held, grown, and nurtured.

The energy of this crystal combo is not by any means subtle. It has been known to almost "zap" its holder, energetically, much like feeling electricity. It channels energy very well and that makes this stone **a great amplifier as well as a great stone for energizing. The Rutile within the Quartz can be a few different colors with red and gold being the most common. The gold Rutile has been called the hair of Venus (Venus is, loosely known as, the goddess of love). For finding love one may consider Rose Quartz or perhaps Rhodocroisite, but for stabilizing and making a relationship stand the test of time you just can't beat the Rutilated Quartz.** It resonates to a vibration that helps

one find the solution to problems and situations that seem unsolvable, which many times is seen within relationships. This is the ultimate relationship stone to help with healing processes for those who wish for true healing to be done.

The beautiful, straw gold, glistening strands of Rutile have also been called Angel hair. When holding a Rutilated Quartz peace comes over the bearer and sometimes a sense of power is charged within the solar plexus. This is done to such a degree that the one holding the stone may feel as if they could indeed rule the world, in a very loving way of course! This perhaps may be the reason it is called Angel hair as it assists the bearer in feeling as if there is nothing that is impossible and they are guided and guarded unconditionally.

The Rutilated Quartz has been known to repel negative energy working much like a shield. If negative energy finds its way past the shielding then it is caught much like bad dreams caught in a dreamcatcher. It is then dissipated or sealed up until the crystal can be cleansed. In physical healing this crystal, at one point in history, was ground up and used as a type of poultice for wounds. It also historically has been known to help one understand the reasons behind the acquisition of dis-eases; therefore, giving one access to information that can be used to help one find healing. Some say that the Rutilated Quartz aids the understanding of advanced civilizations that give us insight into the cooperation among peoples of the world today.

This crystal is very important for balance and emotional calming especially when stressed by groups of people as the bearer will feel more “in tune” with those around them. This is an important stone for the new age to come as we all learn how to live, work and play on a planet which cannot be ruled over but instead must be shared in cooperation.

Rutilated Quartz Crystal is a great crystal tool for artists or writers as it may be helpful in receiving and directing spiritual inspiration for creative projects.

In crystal body layouts or healing grids, Rutilated Quartz facilitates the opening of the Auric field to allow healing. Rutilated Quartz

works with the etheric field releasing blockages and repairing tears in the energy body before they manifest physically. Rutilated Quartz harmonizes and aligns all of the chakras. When placed on the third eye chakra, Rutilated Quartz Crystal enhances intuition, the power of manifestation and metaphysical sight.

For Gaia Healing, Rutilated Quartz may be placed in an area of disturbed Earth energy to help heal and neutralize areas of geopathic stress and protect against electromagnetic smog.

The energy of Rutilated Quartz harmonizes well with all members of the Quartz family. For extra psychic protection and grounding, combine Rutilated Quartz with Sugilite, Black Tourmaline, Obsidian or Jet.

Rutilated Quartz Crystal is helpful for therapists and counselors as it filters negative energy from a client and at the same time supports their energy field during emotional release and confrontation with the darker psyche. Rutilated Quartz crystal is very helpful in past-life healing as it may provide insight into past events that affect present circumstances.

HEALING:

1. Rutilated Quartz Crystal has a vitality that is helpful for chronic conditions and for impotence and infertility.
2. Rutilated Quartz Crystal is excellent for exhaustion and energy depletion.
3. Rutilated Quartz is helpful in the treatment of respiratory tract issues and bronchitis, stimulates and balances the thyroid, and repels parasites.
4. Rutilated Quartz Crystal stimulates growth and regeneration in cells and repairs torn tissues.
5. Rutilated Quartz Crystal's energetic vibrations may be helpful in the absorption of toxins released from mercury-amalgam fillings.
6. Rutilated Quartz crystal helps one to discern if a person or situation has good or bad "vibes."
7. Rutilated Quartz soothes dark moods and act as antidepressant relieving fears, phobias, and anxiety.
8. Rutilated Quartz brings a joyful vibration into the energy field helping to "lighten the load" when life's responsibilities and circumstances seem a bit overwhelming.

9. Rutilated Quartz Crystal facilitates the ability to tap into the invisible energy current (Chi) that surrounds all of the earth and us.

10. Rutilated Quartz helps one to open up to previously unimaginable potentials and to realize the capacity to communicate with all aspects of self – mind, body, spirit and with all other life beings (seen and unseen) spontaneously.

Rutilated Quartz is programmable and amplifies intentions, affirmations, emotions, pure consciousness, and manifestation.

SCIENTIFIC: Rutilated Quartz belongs to the group of Silicate-tectosilicates found as well formed crystals or as stream rounded fragments. Rutilated Quartz contains reddish-brown and/or yellow rutile (titanium dioxide) inclusions that grow in acicular, prismatic, slender strands that look like fine hairs or golden “needles” suspended inside clear quartz. Rutilated Quartz is also known as Venus’ hairstone or Angel’s Hair. The name Rutile comes from the Latin *rutilis* meaning “red” or “glowing.” Rutile and quartz are rated at different levels of hardness on the Mohs scale, Quartz hardness is rated at 7 and Rutile rated at 6-6.5. Rutilated Quartz has a vitreous luster and is generally transparent to nearly opaque depending on the number of rutile needles found within the stone. Rutilated Quartz is found in Russia, Australia, Brazil, Madagascar, and in the USA.



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

Thomas A Hilton Jr.,



1. How you became a Hypnotherapist?

My interest into hypnosis grew while I was researching information into the real powers of the subconscious mind. I was particularly trying to explain to myself how a few personal events that I had witnessed in my life, were even possible. One was how I managed to tap into a state of mind commonly known as “In The Zone” within the sports industry while playing a baseball game at the young age of 16. It allowed me to physically perform at an optimal level with very little effort on my part. It was 20 years later through this research, when I had discovered what had actually taken place within my mind and body during that one game. I discovered this was could be taught as a learned skill as well. That even sports performance was one area in which hypnosis could be used to help change a person’s unconscious behavioral issues that could be holding an athlete back from his true potential This interest soon grew to my decision to study it further and spend a year to develop my own skills and obtain certification as a hypnotherapist myself.

2. What were you doing before Hypnotherapy?

I had spent most of my life up to this point working within the construction industry as a licensed homebuilder. Working a career that gave me personally at the time only adequate satisfaction for self-fulfillment. Hypnotherapy and helping other people see firsthand change within their own lives was the missing piece for me.

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

I believe that Hypnotherapy works in conjunction with so many other natural resources already hidden within our bodies. With the mind, body & spirit working in harmony it allows our bodies to respond to many issues in a manner, I believe the body was originally designed to do before we allowed so many worldly issues get in our way. I believe that Hypnotherapy is a guiding tool and a teaching tool that gives people a more insightful look into their own true potential. Teaching us that our words do hold power, our thoughts become words within and our bodies are responding to the stories our words are telling.

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

I stumbled onto this information much late in life. I was in my 50's when I began my path to become a Hypnotherapist. It taught me that regardless of age I do have more control of how I want to spend the rest of my life. I feel in more control these days. I choose to be happier and feel I have access to the means to keep it that way regardless of what is happening around me. I've experienced struggles and hardships as so many others have done over the years, I use the same therapist modalities in my own life to overcome so much.

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

My most life changing experience is simply the personal knowledge I've gained by experimenting with hypnosis on myself. I've witnessed so much first-hand. It's made a believer out of me and I think that is the most important of it all.

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

The most common challenge I face is simply overcoming my own limitations that I struggled with in life. My own issues of fear of public speaking. So personal issues like that I work on to improve. Other struggles would be figuring out the best methods to promote what I exactly do. I want to specialize in sports performance hypnosis because it is an area where I have the most passion. So, introducing a new modality into an area that many people will not fully understand or even associate with sports is a huge task.

7. How do you resolve them?

Through my own experiments: I've learned that witnessing issues that were a problem for years and watching them dissolve or heal within days is a huge promotional tool. So, within my own practice of sports performance; I've chosen to work with professional athletes where their performances have been judged, documented and publicly available. For example, one client I'm working with, I use his baseball stats over the past 7 years and when compared with his performances after I've worked with him only for a few months. He can see for himself, measurable improvements. Limitations that were released simply by working with his mental game not his physical game. I use these examples to further explain to new perspective clients because they can relate to existing stats and compare them to their own.

8. What is your take on various Healing mediums?

In my research, I studied areas of Neuroscience, Metaphysics, Quantum Physics, and Psychology in general, while studying Hypnotherapy, it opened more doors for me to learn about NLP, Reiki Energy, Past Life, and the list just goes on. I believe that we have access to so much that can help us. It may use different approaches, but I feel they are working toward the same outcomes. Which is better for overall well-being, and great health.

9. Please explain Hypnotherapy in your words.

In my research, I've seen a co-existence between our brainwaves and our state of mind. I believe Hypnotherapy is a method to assist in reaching that point where the two are in such a harmony that the body operates on an optimal level. Hypnotherapy is used to help control the breathing and relaxation to allow for a clear path of suggestions to be accepted by the subconscious; found at the lower brainwave frequencies. Just like the co-existence of state of mind and brainwaves of the client; It too is a co-existence between client and therapist working in harmony with one common outcome in mind.

10. Any professional tips or advice would you like to share with your fellow therapist?

I would say that the one thing I would advise is that each Therapist read the amazing true story of Dr. Albert Mason and the famous case he worked on back in 1950 and what he had discovered while using hypnosis on a 15-year-old boy, himself. I first discovered it while researching before becoming a hypnotherapist and then saw an interview he did himself for a documentary that can be found on YouTube entitled "Placebo: Cracking the Code". The doctor was very successful with helping a patient with an issue, the doctor knew hypnosis could be very effective with. It was very successful, but then the doctor while attempting to help other patients with the same issue, he learned that the condition had been deemed an incurable disease. Once the doctor allowed this bit of information to reach his own subconscious. His success rate with other patients he attempted to work with fell greatly. Believing that the transference of what he truly now believed about the disease, effects the patient or client as well. So only work with clients on issues you truly believe or have experience in because your inner thoughts of success in the session is just as important to the overall success of the client. In other words; Have confidence in your own abilities, it does matter.

Wow! Thank you Thomas Its beautiful.

Thomas A Hilton JrHMI – Hypnosis
Motivation Institute GraduateCertified
Hypnotist / HypnotherapistSpecializing in
Sports Performance& Mental Traininghttp
://www.hypnosiscentersofmississippi.
comhttps://www.linkedin.com/in/tahiltonjr
/email: tahiltonjr@gmail.com

May 2018

This card is an action card. It will bring change at a very visible level. So be ready for NEW.

When this card appears in a reading, it indicates a time of movement and change. It may be a physical movement from one place to the next, or an inner movement from one way of being to another. But whatever the case, this card promises that the going will be easy and will bring a sense of adventure and growth; there is no need to struggle or plan too much.

The Traveling card also reminds us to accept and embrace the new, just as when we travel to another country with a different culture and environment than the one we are accustomed to. This attitude of openness and acceptance invites new friends and experiences into our lives.



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	31		

All materials Published and used in this Journal "Healing and hypnotherapy are ©property of "Global Centre of Healing and Hypnotherapy "It's material can be used for educational purposes only after the permission of Particular writer or contact Editor. As, everyone's email is available to seek permission. In case of any dispute Editor's words are Final. This Journal can be Shared anywhere its free for all. (c)