

**" In repentance and rest is your salvation , in quietness  
and trust is your strength."  
Isaiah 30:15**



# Healing and Hypnotherapy

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Davis



अनाश्रितः कर्मफलं कार्यं कर्म करोति यः।  
स संन्यासी च योगी च न निरग्निर्यथाक्रियः॥६.१॥

The Supreme Lord said: Those who perform prescribed duties without desiring the results of their actions are actual sanyāsīs (renunciates ) and yogis, not those who have merely ceased performing duties, such as agni-hotra yajña or abandoned bodily activities. II6:1II

"Chapter 6 Verse 1 Srimadbhagvatgeeta"

### From The Desk

*Love and Light to all.*

Our mind gives out its imprint in so many ways with easy way to change it that sometimes its really difficult to believe that we really live in the fantasy of powerless ness in spite of being so aware, so wise and so resourceful.

What stops us? Well! Our own skepticism or our own belief in boundaries . Though in reality we can write our destiny in any way we want. Thoughts creates habits and they convert into our character or characteristics , as I would like to call it. Then these characteristics or our character we carry as our basic feature in to whatever we do which eventually carve our destiny.

Now there are people who will believe our destiny makes us think in specific way and build our habit then character so we reach to the outcome; which is, pre decided. However, There is a catch in this game “free will” and ability to come out of this circle by changing our thought pattern and thus changing the outcome.

How????? Well in computer programming there are “cheat codes” So in the Neural programing too, there are several “ cheat codes”. One of them we will discuss here our ‘Hand Writing’.

Yes it is much more than our language teacher’s patience and surety of good marks in school, if it is legible; of course with right answers only. ☺

It is a visual imprint of our subconscious.

All those “Human beings” who believe destiny can be read, perceived and even changed has worked and still working extensively on that and find out this method of magical and very accurate perception of ones personality. And, not just that, they

even claim that one may change the persona thus one's destiny by changing their handwriting.

I am being one of them. Would like to discuss this very simple "cheat code" of mind's programming here.

Write a page on a plain white sheet with a pencil and look at it. If it is legible clear organized then you are a legible clear and organized person. If not then it's about time you go back to handwriting books and start practicing, to make it clear and organized.

Watch out your 't' s and 'i' ' s Their bar its height and slant and dot its presence and absence tells a lot about you. A person with all 'i' 's dotted has an eye for detail. And a high bar in t speaks of high goals and high self esteem. Watch out if it is cut in center or just touching left or right margin. 'Left margin ' – 'you live in past'; 'Right margin ' you are a future person. But the margin in center speaks for present.

Hey you can change it and with that your tendencies.

Do you know? Your 'j', 'y', and 'g' 's lower loops not just talk about your sexual tendencies but they tell about your financial tendencies too, into different areas of your life.

While we are at it, lets make our 'o' s perfectly rounded with no loops either side left or right which comes as a habit from cursive writing. Stop it immediately. It could give you troubles related to stomach area and some very damaging behavioral issues.

And your Signature it opens the secret of your mind as to how you want to present yourself to the world or in other words who you think you are. Now friends this is a very important area since what we think we are is what we create for ourselves; **cause to everything we decide for ourselves, 'good or bad' universe has only one word:- "yes dear"**

So beware.

1. Do not cut your self (oops your signature) by any line, up or down.
2. And getting your signature or first letter, inside a loop a big no - no.
3. Slanting downwards; stop right there, and change it.

Be very clear, legible organized- oh yes that line beneath!, it is good, provided, its not touching any letter. And please, no full stops in front of your name. However, dots below that supporting line are good. For more details I ll refer you to this you tube video.

<https://www.youtube.com/watch?v=BnNcNCerq2E>

Interview of none other than Vimla Rodger.

Vimla Rodger is the author of the book:

**“You Can Change Your Life By Changing Your Handwriting”**

With this treasure trove lets explore what more we have in terms of this miraculous medium, called hypnotherapy. Below here some lines from each write up.....

**Dr Bruce E. Kaloski – “MMP for Weight Loss” .....**

“Multiphasic Motivational Programming (MMP) may be defined as the inter-phasing, or combining, of various therapeutic modalities and personality inventory systems employed in a state of Hypnosis to influence and enhance pertinent motivational factors and.....”

**Neha Sharma – “Big Mind vs Small Mind”**

“Small mind is ours that can plan and see only few steps ahead like profit in meeting, loss if flight missed and accordingly we feel good or bad, Well, there is a *big mind*.....”

**Thomas A. Hilton Jr. – “Hypnotherapy and Sports”**

“However, if you use your training to rest the conscious mind to access the subconscious, the healing modalities we all use can perform miracles within days, where .....

**Guzalia S. Davis - “Tips, for Successful Alcohol Cessation”**

“With hypnosis, we can reprogram the mind. Crucial part of the process is building up self-value, self-assurance, and confidence. We can create a new self-image and mold it into, who the person..  
.....”

## **Varsha Dwivedi –“Release of Unwanted Emotions and Hypnotherapy”.....**

“When we release a negative emotion from its deepest root its affect is miraculous and life’s concepts become very clear. Now once we instill a positive approach subconsciously, healing.....

## **A Prakash – Exploring Beyond.....**

“At each Chakra , we explored and learned about the various details of the Chakras, and most fascinating , was the fact that the client could narrate in vivid clarity and detail not just the visible aspects of the Chakras like its structure, colour, movement texture but.....”

## **Crystal – Varsha Dwivedi – “Carnelian”**

“It improves concentration and removes extraneous thoughts in daydreamers , and during meditation . This stone also protects against envy , rage , and resentment - yours , or from others , and encourages a love of life. It is useful for overcoming abuse of any kind, helping you to trust yourself and your. ....”.

## **Hypnotherapist of The Month – Guzalia S. Davis**

“I loved all of it, but I did it in attempts to run away from what was hunting me everywhere I went - The Healing. ...” Read on, its very beautiful excerpt from her journey for all of us. And here is so much to learn. Thank you Dear.

**Tarot of this month:** Focus is the key. But, that’s not all....., so, read on.

Year has come to an end its our 12th issue and our journey is not just growing but expanding at the same time. I am deeply grateful towards my writers and readers both. But most of all to that power which is instrumental all the time in its inception to execution. Every month its formate is decided and made by devine. I witness miracle everyday. My deep gratitude to Supreme concsciousness.



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# MMP FOR WEIGHT LOSS

## AN INTRODUCTION

Overweight is a national epidemic in the United States (as well as in most developed countries in the world). The statistics are frightening! According to the National Centers for Disease Control, 73% of Americans are overweight **and** 34% of them are classified as clinically obese. These increasing rates raise concern because of their implications for Americans' health. Being overweight or obese increases the risk of many diseases and health conditions, including: Hypertension, elevated cholesterol and triglycerides, Type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and respiratory problems, and certain cancers. The problem is so acute that overweight and obesity has recently overtaken cigarette smoking as the leading cause of preventable death in the United States today.

Health issues aside, because of the vanity factor weight loss is and will continue to be, the most popular and lucrative area of concentration for hypnotherapists. But it can also be the most challenging to work with. The therapist who can successfully resolve his or her client's problems can expect unlimited referrals from a satisfied client base. It's a win-win situation! The client wins because they reach their goal! You win because of referrals from satisfied and successful clients!

Over the years Hypnotherapy has come to be recognized as one of the most effective means of behavioral and habit control known to man, particularly in the area of weight loss. Several years ago, in a special challenge featured on NBC's DATELINE, hypnosis proved to be the most effective of all major weight loss methods tested. It beat them all. And what's more – the pounds not only came off ... **they stayed off!** After three months of an on-going study, hypnosis was up to **four times** more successful than the other programs. A study conducted by the University of

Connecticut revealed that hypnosis can **double** the effects of traditional weight loss approaches.

However effective as hypnotherapy has proven to be, success rates through traditional hypnotherapy for the area of weight loss have rarely been any higher than the standard 50% to 55% placebo effect rate. In 1985, while directing the Center for Clinical Hypnotherapy, a network of 21 private hypnotherapy clinics in the Southern California area, I began the formulation of a revolutionary and innovative method of therapy that allowed both me and my staff therapists to realize success rates in the 95 to 97 percentile range thus enabling us to see up to 500 clients per week centers wide. Called Multiphasic Motivational Programming (or MMP, for short) this breakthrough technique represents a significant advancement in the field of hypnotherapy as applied to all areas of self-improvement and personal empowerment.

***Multiphasic Motivational Programming (MMP) may be defined as the inter-phasing, or combining, of various therapeutic modalities and personality inventory systems employed in a state of hypnosis to influence and enhance pertinent motivational factors and thus program a desired psychological and/or physiological response into an individual and, by implication, thus deprogram that individual of undesirable psychological and/or physiological patterns. MMP is essentially a behavior modification technique and does not consider past causative factors in a psycho-analytical sense. It deals almost exclusively with the present and the future.***

Weight loss clients are seen weekly in a program consisting of a pre-determined length. The number of sessions is contingent upon the amount of weight the client needs or wishes to lose. This can vary from a four to a twelve-session program.

No two people are exactly alike. While the goals of therapy may remain the same, the approach must be individualized. Accordingly, after an initial

Clinical Interview and consultation where the problem area is isolated the weight loss client is thoroughly tested for such factors as stress levels, relaxation profiles, neuro-linguistic learning channels, hemispheric brain dominance, hypnotic susceptibility as related to personality, appropriate overeating trigger cues, and carbohydrate sensitivity.

This comprises the first session. The results are analyzed and evaluated and then the suggestive therapy portion of the program is designed specifically for the individual client.

A short-term therapy regimen, MMP allows the therapist to eliminate the hit or miss, trial and error techniques common to traditional hypnotherapy and zero in very quickly on the ways in which the client can most quickly, effectively and efficiently be helped to modify the learned maladaptive habit, behavior or attitude.

And overeating is very much a learned behavior, or habit. No one ever came out of their Mother's womb packing away a pound of Chocolates at one sitting. They learned how to overeat or eat the "wrong" foods. And the same dedication and persistence that went into learning how to overeat can now, with your assistance, be turned to unlearning the habit.



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# Big Mind vs Small Mind

## An Interesting Take through Sessions

Sometimes things don't go well and we feel really bad at that time, for example "we are stuck in traffic jam and missed our flight for extremely important meeting that cost us a fortune, how will we feel at that time horrible and angry ... and this is *small mind*. Now after some time we switch on our TV set just to see that same flight crashed before reaching destination and we felt Oh! I got lucky. Well, that's a *big mind* or u call God, Guardian angel or supra consciousness or Luck.

Small mind is ours that can plan and see only few steps ahead like profit in meeting, loss if flight missed and accordingly we feel good or bad (It's one worst case scenario, there can be not so bad one and there might not be immediate information about *big mind's plan for us*). *Big mind* I am calling unknown energy that is taking care of us, even if we don't know. We are standing at the foothill and this *big mind* is at top of hill so you can understand the difference of view.

Our emotions are like binary language 1 and 0 and they are continuously toggling from happy to sad, sad to happy. If everything as per our plan we are happy else we are frustrate. So what is it that can give us eternal happiness ... or put it this way what is stopping us from being happy???? When we focus on what we want instead of what is good for us ... **we get sad when we don't get what we desire, and some times more frustrate when we actually get what we want** ☺ funny isn't it, Here , I'll tell you small stories from two of my sessions. One is, of a guy who fell for a girl and decided she is true love of his life so when girl refused his proposal he went to lower level Tantric (*Tantric is like scientist , (play with the chemical composition of five elements ) practice certain kind of Tantra (system / procedures) & lower level are, who use quick-fix spells to help people attain worldly desires , higher level are proper scientists they are more into exploring higher level knowledge* ), he gave loads of money to this tantric just to get this girl,

finally after few hitches he got married to this girl ... he attained what he wanted (small mind), from last many years their married life is mess both are miserable. Now this guy cribs 'I spend so much money just to marry **this girl**' funny ... Yes, it is, because technically he should be happy cause he got what he wanted, yet he is not happy.

And here is another example not even telling the woman of your dreams that you love her since there were social mores involved, according to which it was a taboo and morally wrong to do so. But the worst part was that the woman felt the same way. And sparks were visible even to everybody, still they chose to remain separate (small mind) and after a long period of time really regretted, with their sad lives as to, if only.

Confused.... ☺ so what should be done. Well let's just say a little more balanced approach would have been better, be honest, open and say things, now, let the universe open up everything for you. Control in getting. Or holding someone or something, or control in merely managing image and not going for what is truly yours. Both ways you are not letting the "bigger Mind" work. Sometimes **people get confused between do not give up for 'action' to 'people'. Forgetting other person's will is equally important.**

So happiness is all about what is right for our growth and being in knowledge that whatever is happening in our life is for our growth if we can see with open mind. If we are in knowledge then we will be more aware about everything and then we can see clearly that, even if there is some pain that is short term compare to what it can be, and it gives us long-term gain. And, as they say "Every disaster is an opportunity in disguise" Only if we are open and ready to perceive what is the plan of *Big Mind* for us.



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## Hypnotherapy & Sports



Within any sport, there is a phrase known to every athlete. That phrase is “Get in the Zone”. However, getting into the zone has eluded most players throughout their entire careers. The words “In the Zone”, in my opinion, references a state of mind where everything is perfect. Your thoughts along with your physical abilities become heightened as if they are in total harmony. Perfect harmony.

Back in the early 50’s and 60’s there was at least one professional athlete who seemed to have figured out at least part of the formula to getting into the zone. He spent 19 seasons playing professional baseball at the highest level back then. I use two of his quotes for which he was known for and share them with all my clients. It appears that he had gained insight behind the game when he stated **“90 percent of this game is half mental”**. His name was Yogi Berra and was also quoted as saying **“You can’t think and hit at the same time”**.

In 1978, I was very fortunate to have experienced this marvelous state of mind during a baseball game myself. If I hadn’t seen the results from that game with my own eyes and knew first hand of my own thoughts and awareness during that game. I too may have never truly understood what

getting into the zone really meant. Throughout my career of playing sports, I never reached that zone the same ever again. In fact, it was a puzzle to me how I was able to reach it even that one time. I had no clue how it happened until over 20 years later when I began to study the mind among other very interesting topics.

It wasn't until I became a Hypnotherapist that I learned how it happened. Not only the "How" it happened in my own personal experience, but "How to" assist others to reach it as well.

Today I spend my time teaching and helping others "to get into the zone" when it counts using both my experience and knowledge gained from learning hypnotherapy. The same principles apply to all sports, but I've chosen to focus on the one sport I have the most knowledge and that is "Baseball". I am fortunate today to work with professional athletes who get paid to play the sport.

As a hypnotherapist, I'm aware that there are many different forms and approaches to induce the hypnotic state for our clients. The important thing is to reach that point where the subconscious mind is accessible. Once obtained, to assist in guiding the subconscious in producing the more beneficial outcome for the client.

What I figured out with my own experience was that I had slipped into an eye opened hypnotic trance like state while still operating physically within the game. The game lasted several hours, and I recall at least 3 times during that game, that I must have entered into this same "in the zoned hypnotic state". I finally came to the conclusion that the one inducing factor that helped was a "pattern interrupt".

The details to that game I wrote about often in my personal blog and while the details are a bit humorous now looking back on it. I'm confident it was the pattern interrupt that initiated the state of mind I slipped into. If you care to read the details, here is that story. <http://tahiltonjr-hypno.blogspot.com/2013/03/the-subconscious-mind-will-take-over-if.html>

In sports today, our athletes are instructed in so many physical developmental approaches they forget about the mental preparation as well. In fact, I've found that all this physical training and teachings are only

keeping the athlete within the wrong state of mind during the games. Think about it. If your client comes to you for help and you do everything you can to keep him/her in the conscious state of mind. There is little you can do at that point other than teach that person cognitively. However, if you use your training to rest the conscious mind to access the subconscious, the healing modalities we all use can perform miracles within days where that client may have spent years trying to eliminate certain mental blocks.

In baseball these days, our athletes practice different than we did back in the 70's. Today, hitters practice indoors more so than they do outdoors. In my day, we practiced outdoors all week long to get ready to play on Friday nights and the weekends. Professional ball players play games 6 days a week. So, they may work on individual techniques indoors in the mornings and begin warming up and playing live games that afternoon, within perhaps one day week rest time.

Imagine from a hypnotherapist perspective, that your client has been programming his mind to perform a certain way only to be surprised that his performance is lacking when it truly counts, during the game. I share with my clients that it's the same as if they were asked to study chapter 1 to prepare for a test back in high school only to show up to school the next day to find out that the test is on chapter 3. They are simply unprepared and are dealing with the anxiety of the event on top of that.

I enjoy teaching my clients cognitively as well as using hypnosis in hypnotherapy sessions because I feel it helps when they fully understand why I'm working on several different issues. I help them to use triggers to induce the state during the game. I help them to break old patterns that were actually triggering the wrong state of mind (Like getting nervous) before. I assist them to not think during the actual pivotal points when their subconscious should be taking over during the games.

All professional baseball player's statistics are recorded. Everything they do during the game is measured and documented. These statistics during their whole career is what helps to determine how long he/she will be playing the sport as well as how much money they are able to make within the sport. A client who is so focused on their statistics will exhibit high anxiety when the stats begin to decline. Using hypnotherapy can also eliminate this anxiety

and allow the athlete to focus and visualize the more productive outcome, which in itself helps to produce the very outcome they prefer.

Hypnotherapy has allowed me to get back into the game I once loved and it provides me an outlet to help so many other players. I work with student-athletes still in high school as well as those in college that have hopes and dreams of making a career out of their favorite sport. What a blessing. I give the credit to my hypnotherapy training and knowledge in this incredible field of expertise.



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## **Tips For Successful Alcohol Cessation.**



This is the addiction that is hardest to overcome. Once your client decided to become sober and fight this addiction, first step he or she should make is to go see a medical doctor. If a person has been drinking a lot and for a long time, the body may become really dependent on the alcohol, and if the person stops abruptly, the body may just shut down.

Now, I want to be clear here, in medical community, they believe that only 3 to 5% of population fall into this category, but you can never be too careful when it's a matter of life and death. So, before you accept a client for alcohol cessation, make sure that this client has a checkup with their doctor. The doctor may prescribe something to manage blood pressure and support heart as during withdrawal period blood pressure may get dangerously high. The doctor may also help to prevent seizures that can happen during withdrawal. Also, prescription medication really can make it easier though withdrawal.

Alcohol withdrawal timeframe:

- Stage 1 starts 8 hours after the last drink. Anxiety, insomnia, nausea, vomiting and abdominal pain and cramps.

- Stage 2 starts 24-72 hours after the last drink. High blood pressure, fever, unusual heart rate, headache, and confusion.
- Stage 3 starts 72 hours after the last drink. Hallucinations, fever, seizures, and anxiety.

All symptoms will decrease within 5-7 days even if untreated.

Now, this is where hypnosis can help:

Managing the stress and mood swings; managing pain; managing nausea; managing sleep. With hypnosis, we can eliminate the cravings and the desire to drink.

Hypnosis can help to resolve some old traumas, people tend to reach for alcohol to numb that pain. If any traumas left undealt with, the pain will demand more numbing whether with alcohol or drugs. Drinking is a way of self-medicating, and what the person is trying to medicate - this is what really needs to be worked on in order to stop drinking.

With hypnosis, we can reprogram the mind. Crucial part of the process is building up self-value, self-assurance, and confidence. We can create a new self-image and mold it into, who the person wants to become.

I am sharing the tips that can help your clients on their journey to recovery. I actually email this list to my clients prior our first appointment. Usually, they do have some questions about these suggestions, and we go over them in the office.

The tips for successful alcohol cessation:

1. Get honest with yourself. Who you are now and who do you want to become?  
Look at your life. Is this how you want to live? If not, decide what kind of life do you want for yourself. Make clear goals and make decisions. Then your subconsciousness will know in what directions to move. Your goals are like a lighthouse in the dark night always showing you the right way.



2. Plan for success. Get your calendar and pick 6 weeks that the most appropriate for the alcohol cessation. Least possible amount of pressure and stress. If you have some obligations that tend to put pressure on you, try to fulfill them ahead of time.

Avoid trips and vacations. Avoid holidays. Avoid friends and family get-togethers that may involve alcohol. If possible, consider taking the first week off work, so you can stay home during the withdrawal period. See your doctor while you're still planning, so you know all your options and can stock up with everything you may need such as medication, supplements, herbs, right nutrition.

3. Build your support team. Identify the people that genuinely care for you, who can support you. Your family, your intimate partner, your friends. And stay away from negative, toxic people. Stay away from your drinking buddies. Consider finding some support outside of your usual circle. AA or other support groups. Maybe joining a spiritual community may give you the support you need.
4. See your recovery as a healing journey. You will need to heal your mind and body. You will need to heal what may have led you into this addiction in the first place. So, have a plan for your healing. How will you support your body? How will you help your mind to heal? How will you address all the emotional language?
5. Detox is the important part of any recovery. You need to detox your body from all the toxins it accumulated throughout the years. Drinking lots of right liquids like herbal tea, mineral water, and fresh juices. Sweating speeds up the detox. Hot bath, steam rooms, sauna, whatever is available to you. Once you cleanse your body, it can really heal itself.
6. Learn stress management. Meditation and self-hypnosis are great. Staying calm will help you to stay in control and make right decisions. It will help you to deal with traumatic events more intelligently instead of reaching for alcohol. Inner peace will harmonize your mind and body and promote better health.

7. Find ways to bring more joy into your life. What makes you happy? What do you enjoy doing? Maybe it's time to revive some of your old passions? Expand your interests and find a new hobby.
8. Get physical. Physical activities help to balance our body and boost production of feel good hormones like serotonin and dopamine. Pick a list of activities that you enjoy and alternate so you don't get bored. Walking, running, yoga, dancing, playing tennis, swimming. You should be active for at least half an hour, and optimally one hour, every day.
9. Physical contact is very important. Humans need to be touched. We need it as much as we need food. Prolonged hugging boosting good hormones and harmonizes our mind and body. Get more physical contact with your intimate partner even if it does not involve sex. Looking into each other's eyes, holding hands and hugging, skin-to-skin contact can do miracles for your sense of well-being and health in general. If you are single, make sure to get massage regularly. Self-massage can provide some of the benefits too.
10. The meaning of life is to live with the meaning. Find a purpose. Whatever that may mean to you. Focusing on your family, taking care of people you love. Your career. Your education. Knowledge. Spiritual growth.
11. I am inviting you to look at the addiction differently. What if your addiction is just a bonding. Yes, just like you would bond with your loved ones, bond with your lovers, bond with your friends, you can bond to your career, to your interests, hobbies... It is natural for humans to build bonds. When you do not have enough of those beautiful happy bonds, you have this void to fill, and that is when some of us reach out to alcohol, smoking, drugs, overeating, shopping compulsively and gambling. So, create more healthy bonds, so you leave no space for unhealthy ones.

12. And from the esoteric perspective. We are all naturally inclined toward sweet flavor. It's called "Madhura" in Sanskrit. This word has many meanings love, happiness, joy, excitement, ecstasy. The flavors correlated with emotions. And sweet flavor is correlated with love and happiness. We can say that Madhura, sweet flavor, is the flavor of love. Our love relationship and sex are the source of the strongest love emotion – 'Madhura'.

Madhura is also available in food and some other sources. That is when we don't have enough love and sex in our life, we are trying to fill up this void of love with sweets like pastries, chocolate, and candy. Because our brain does not differentiate from what source we receive that sweetness, it just really wants it as a drug addict wants drugs. For some people, the void is so big that cannot be filled with pastries. That is when some people reach out for alcohol, which, is a concentrated form of sugar. So, to make alcohol cessation successful it is essential to find a healthy source of "Madhura", sweet flavor. Building a loving relationship and fulfilling the need for intimacy are crucial.



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## Release of Unwanted Emotions and Hypnotherapy



In all our relationships when they get rancid, bitter words become norms. And we really do not know what to do about it, and then we need help. Because they create negative emotions, like 'Anger', 'Resentment', 'Hurt', 'Sadness', 'Fear', etc.....

Discord with Parents, Siblings, Friends, Boss or Colleague and partner, even with your Ex.

Yes! We may move away physically but the impressions we carry in the form of these emotions are always deep and have a very high chance to manifest themselves into physical or mental ailments.

They may come as obesity unexplained pain, stress, depression, allergies even chronic diseases.

Every individual carries them in different form. Yes, a few of us really do not mind things too much and learnt that precious art of 'Let Go'. They are usually very healthy and happy people.

Now take ANGER: According to Aurveda, excessive anger adversely affect 'Liver' Resulting in Headache, Diarrhea, Pain in Joints, etc...

When Anger remains for long time and not been expressed or released in other appropriate way. It may turn into various skin ailments, which, may vary from little itchy allergies to leprosy.

Incidentally Liver is the organ responsible for all these allergies as their root cause (physically).

Now, to corroborate these facts about emotional links to physical ailment I have a client, who went through long and thorough medication for Leprosy and finally tested negative. But his leprosy symptoms keep coming back even after his medical tests being completely negative.

His life was at a halt due to that. He was not able to concentrate upon his work nor did he could have a steady relationship and it had an adverse effect on his confidence, personal image, and social interactions. He constantly experienced mood swings. Overall life was in a kind of limbo. That makes him come to me as his final resort in 'Hypnotherapy'.

When we started our therapy then during induction it turned out he has deep-rooted anger towards his parents. It went back as long as his childhood. Between them too he was bitterer towards his father than mother, because to his mother he still could express his feelings but to his father he could not even speak anything. There were lots of other things were evolved too, But we decided to take one thing at a time. So what we did is we worked upon his anger towards his father.

Here I would like to explain that, a lot going on in terms of anger release and forgiveness, which, is very good. However, Hypnotherapy has a major advantage upon all of them in terms of its effects and complete release, due to its access to subconscious mind. Mind's that part which carries all information, memories and everything we have ever perceived through any of our senses, and it knows how to heal.

When we release a negative emotion from its deepest root its affect is miraculous and life's concepts become very clear. Now once we instill a positive approach subconsciously, healing begins.

So here we released his anger towards his father. It was being done very successfully and he felt relieved immediately after his session.

His instant appreciation came in the form of his handwriting. When he filled his form his handwriting was unsettled and slightly haphazard. But when he wrote his feelings after session as I asked him to do his handwriting was well organized with confident strokes. All signs are positive.

So if you have unresolved negative emotions deeply buried within you like anger, hatred, resentment, unexplained pain, fear or phobias, please find a hypnotherapist near you. You will be surprised to know how much of your physical health and quality of life depends on it.

Do not live in distress life is yours enjoy it fully.



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## Hypnotherapy – Going Beyond: Exploring the Chakras



The cosmos in Essence is Energy! From the ancient Indian texts like Vedas and Upanishads to Einstein's Theories; Nicole Tesla's vision of Universe or the Quantum Concepts of "String Theory" – Everything talks about just one thing "Energy". So everything visible or invisible, tangible or intangible, known or unknown is -Energy!

We humans, too are energy in essence, and this energy 'Flows' through every particles of our being. Just like our physical body we have an energy body. It's the body made of Energy Channels or 'Nadis' as mentioned in the ancient Indian texts and 'Chakras' or Energy Centers/ Nodes of our energy body. Our energy body directly impacts our physical body, even minor changes in our energy channels or our energy centers have a



direct and critical impact on our physical body. It's owing to this connection that balance and harmony of our Chakras is critical to our overall wellbeing – a reason why so many meditative process, breathing exercises and spiritual practices focus on energizing and harmonizing our Chakras.

Once during the therapy session with a client, the aspect of Chakra Balancing and Energizing ones energy centers came up, and in view of the issue we were working with, we decided to explore the Chakras and energy channels.

So after requisite deepening and relaxation cycles, once the client was in a very deep state of trance and blissfully relaxed, the client was guided to slowly become 'Aware' and 'Connected' to the 'Central Energy Channel', that connects the seven Chakras namely:

1. Mulaadhaar or the Root Chakra, located at the base of our spine;
2. Swadhisthaan or the Sacral Chakra, located few inches above the base of the spine in the lower abdominal region;
3. Manipoor or the Solar Plexes, located near our Navel Centre;
4. Anaahat or the Heart Chakra, located in the central region of our Chest;
5. Vishuddhi or the Throat Chakra, located in the Throat region;
6. Aagyan or the Third Eye, located in the region between our eye brows; and lastly
7. Sahastrar or the Crown Chakra, located at the top of our Head.

We started our 'Journey', from the base of the spine, that is the Mooladhaar or the Root chakra. Using a mix of several modalities and technique like astral awareness; miniaturization; energization etc. we connected with the 'Root Chakra' and the client could 'See' the structure, movement, colour, and even hear the vibrational sound of the Chakra in vivid detail. Using the talking to the Sub-conscious Protocol', we evaluated the health and overall wellbeing of the Chakra and checked for any aberration if any, which needed healing.



So one by one, starting from the base of spine or the Root Chakra we kept on moving through all the Chakras to the top of head i.e. the seventh Chakra, aptly called the Crown Chakra or the Sahastrar.

At each Chakra, we explored and learned about the various details of the Chakras, and most fascinating was the fact that the client could narrate in vivid clarity and detail not just the visible aspects of the Chakras like its structure, colour, movement texture etc. but also explained its vibrational sound and even the metaphysical aspects related to that specific chakra, like how a specific Chakra affects an individual's physical, emotional and mental wellbeing along with its impact on one's spiritual evolution.

Another fascinating aspect of this journey was that it gave us a chance to understand and evaluate the holistic wellbeing of the Chakras. We were able to look for any blocks or aberrations etc. which might have been adversely affecting the flow of energy of the Chakra. Any such blocks or aberrations found were removed and healed, to restore the chakra to its optimal state of wellbeing, as required for the client (Vibrational level for different individuals are unique).

Here it is pertinent to share one key understanding that came along in this fascinating session, that the Chakras though broadly speaking, may be same for all of us, yet, at the finer level of evaluation, each individual has his/her own unique Chakra System, not just at the level of vibrations but also at the level of other aspects of the chakras. Guess the ancients knew this truth when they said "We all are ONE and yet, We all are UNIQUE."

As stated earlier, there are innumerable modalities, methods and school of thoughts that study, heal and integrate the Chakra System, still in my experience this session gave me the first hand experience that Hypnotherapy, is one of the most potent, effective and convenient modality to not just study the Chakra System but also to heal and harmonize the Chakra System as and when required for long lasting effective results.

Beyond healing, another beautiful aspect of using hypnosis is that, the client becomes an 'Aware' participant in this 'Journey',

which gives an immense boost to his or her evolution at all levels, specially the awareness about our true nature, beyond the limits of our physical body. This awareness about one's real spiritual nature gives a manifold boost to his/her 'Journey' of self-exploration, as shared by Client not just after the session but in weeks and months later too.

So hypnotherapy, in its simple and comfortable way has the power and effectiveness, not just to heal, reform and resolve routine physical and behavioral issues but can also be a beacon to guide and aid us in our evolutionary journey, the real and true journey we all are on births-after-births - our 'Soul Journey'.

May our Soul's journey be 'Blessed' and 'Aware'!

Love and Light  
Today and Always.



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# Carnelian

Since in our June Trrot we were suppose to move now and with complete focus I am sure Carnelian is our crystal. Its Action Crystal. Lets find out about this magical friend of ours.



The ancient Egyptians called Carnelian "the setting sun." In its orange hues, they identified it with the receptive or passive female energies, and associated it with the fertile menstrual blood of the mother goddess, Isis. In its red, red-orange to reddish brown shades, they considered it the active male energy stone, recognized by its glowing vibrant color. [Eason, 72, 84] Carnelian is traditionally worn to enhance passion, love, and desire.

A glassy, translucent stone, Carnelian is an orange-colored variety of Chalcedony, a mineral of the Quartz family. Its color varies from pale pinkish-orange to a deep rusty brown, though it is most known for its brilliant orange and red-orange crystals. Its name comes from a Latin word meaning "flesh."

In antiquity, as well as today, Carnelian is believed to help timid speakers become both eloquent and bold. [Simmons, 92] Ancient Warriors wore Carnelian around their neck for courage and physical power to conquer their enemies. In Egypt it was worn by master architects to show their rank of builder, and alchemists of the Middle Ages used it as a boiling stone to activate the energy of other Chalcedonies. As the first stone in

the breastplate of the High Priest, it signified the blood of the martyrs [Kunz, 303, 305], and was once believed to prevent illness and the Plague. [Ferne, 138]

1. Carnelians, are excellent aids for training, coordination of physical exercise programs, and for balancing body energy levels.
2. Carnelians boost a listless attitude and can stimulate the appetite. [Mella, 125]
3. Used as a professional support crystal, Carnelian aids architects, builders and construction workers in their creation of master buildings, stimulates power and stamina in athletes and military personnel.
4. It establishes form and organization in journalists, and stimulates motivation in salespersons. [Mella, 129-132]
5. Carnelian is said to attract prosperity, new resources and good luck. It is a talisman for success in any money-making venture.
6. In the workplace, it is a crystal of ambition, drive and determination, and wards off undue pressures of co-workers or impersonal corporations with unrealistic expectations. [Eason, 72]
7. Carnelian clarifies the voice. It is the Singer's Stone. [Megemont, 46] It also promotes confidence for performances on stage or in live media. [Eason, 72]
8. Carnelian is traditionally known to guard against falling masonry and accidents with tools. Today it guards the home from theft, fire, storm or accident. [Eason, 72]
9. Carnelian lends the courage needed to help overcome difficulties and defend a cause. It promotes idealism, a sense of community and pragmatism.

Orange and red Carnelian are important crystals to use for love, and for the consummation of love. Orange crystals, in particular, are fertility and potency symbols and are linked with conceiving a child. Carnelian of either color may help in rekindling passions that might have faded in an otherwise loving relationship.

- Carnelian is full of the life force, stimulating metabolism and a good supply of blood to the organs and tissues.
- It influences the reproductive organs of both sexes, and

increases fertility, overcoming frigidity and impotence.

- It aids in menstrual and menopausal symptoms, and may aid in vitro and artificial insemination. [Hall, 95][Eason, 84]
- It benefits in the absorption of vitamins, nutrients, and minerals in the small intestine, and improves blood viscosity and circulation. [Gienger, 21]
- It helps reduce congestion, phlebitis, varicose veins and hemorrhoids, as well as boils and skin irritations.
- Carnelian accelerates scarification and heals nosebleeds. (However, if these recur, consult a doctor.) [Megemont, 46]
- It helps heal lower back problems, rheumatism, arthritis, neuralgia, and accelerates healing in bones and ligaments.
- It aids the relief of depression, especially in those of advanced years.
- It provides excellent support for detoxifying from alcohol or other drugs, breaking bad physical habits, and for improving overall health in general. [Ahsian, 93]

### **Carnelian Emotional Healing Energy**

Carnelian is a stabilizing crystal, perfect for anchoring in the present. Its high energy helps restore lost vitality and motivation, and stimulates creativity for new pursuits. It improves concentration and removes extraneous thoughts in daydreamers, and during meditation. This stone also protects against envy, rage, and resentment - yours, or from others, and encourages a love of life. It is useful for overcoming abuse of any kind, helping you to trust yourself and your perceptions.

Carnelian alleviates jealousy and possessiveness in relationships, and is helpful in overcoming sexual anxieties, and eating disorders. It is also beneficial with male mid-life crisis.

Spiritually, Carnelian encourages an awareness of the connection between the emotional state and the inner condition of the self. It promotes a spiritual energy conducive to awakening one's talents and perceptions of surroundings, and for offering love in return for love.

When used in meditation, Carnelian assists in the understanding of how to bring a concept into being, and how to manifest it into action.

The Divinatory meaning of orange Carnelian: You may get the chance to breathe new life into a relationship.

The Divinatory meaning of red Carnelian: Not a time to back down. Ask for what you need and do not settle for second best.

Carnelian is crystal of Sacral Chakra Which represent sexuality and creativity so imbalance in this chakra makes you feel lonely as well as creatively blocked and it becomes a reason of depression by keeping Carnelian close to body wear it with the intention to help your sacral chakra you will find instant energy to actually move forward. Sometimes we get a stone with two hues pink and orange or pink and Red carnelian. They are very beautiful stone for relationship as they aid emotional and Physical aspect and give harmony. And a powerful push to heal and release past.

So use its power to help you in your life.  
Love and Light.....



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# Interview

Guzalia S. Davis



1. How you became a Hypnotherapist?

2. What were you doing before Hypnotherapy?

I have done many different things, run a few businesses that had nothing to do with therapy. I have developed my own skin care line, tried myself in clothing design, and owned a vintage boutique.

I loved all of it, but I did it in attempts to run away from what was hunting me everywhere I went - The Healing.

As a girl, I watched my grandmother healing people. She never had a day off, and people usually didn't have any money to pay her, sometimes they'd bring some produce from their garden or chicken or eggs... And there was this notion that if you have a "gift", you should not ask money for it... I thought, the healing is for spare time, and if I want to make a living I need to get a "real job".

So I did. At my vintage shop it really got out of hand. There was a couch where customers would take a turn to complain about their health, and I'd spent most of my time helping

them to resolve their issues. Most of the days, I had a huge line of people in the shop - not to buy but to talk to me. One day my friend said: "It will be better for everyone if you'll finally legalize yourself and open a normal therapy office. And I did just that.

Hypnotherapy is a tool that is very effective in resolving many issues, and even more effective when used in conjunction with other modalities. I guess, it depends on the area of your specialization. There are so many successful hypnotherapists that never use any other tools.

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

I realized how fragile human life is and how just a moment of our attention can save a life. I have had a very distraught client coming into my office and stating that he's "done with this life". If I had then let him out of my office and didn't hold him down to the floor, he may not be alive now. He had a loaded gun in his pocket and a goodbye note. Just a moment in time can take or save a life. That taught me to be 100% present in everything I do.

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

It's a work in progress. Every client is an opportunity to learn and discover something new. Every client may trigger, awaken a part of you that you weren't aware of. Every client opens an opportunity for you to heal and grow.

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

I catch myself trying to take on responsibility, for the client's success or failure.



### How do you resolve them?

I remind myself that I can guide, educate and support the clients , but I cannot make them or go through the transformation instead of them - it's their job and it's their responsibility.

### What is your take on various Healing mediam?

Any healing modality is a tool. The more tools we have in our "tool box" the better healers we can become. We are not like a flat slab of granite, rather like a multifaceted diamond. How many sides of you as a healer you are willing to show?

### Please explain Hypnotherapy in your words.

Hypnosis is the key with which you can unlock the gate to this sacred space within you where beautiful changes can be created , where logic does not apply and limits do not exist, and where magic is a permanent resident.

Great!!

Thank you Guzalia

You may contact Guzalia here :

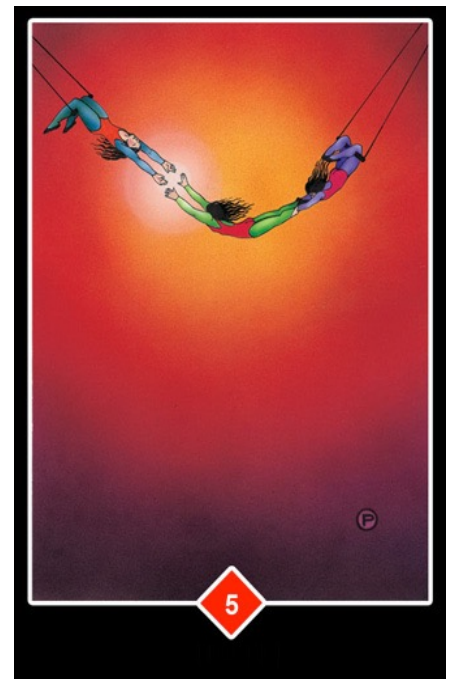
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# June - 2018

These three women are high in the air, playful and free, yet alert and interdependent . In a trapeze act, nobody can afford to be a little bit "absent " even for a split second . And it is this quality of total attentiveness to the moment at hand that is represented here.

We may feel there are too many things to do at once , but get bogged down in trying to do a bit here , a bit there , instead of taking one task at a time and getting on with it. Or perhaps we think our task is "boring " ***because we've forgotten that it's not what you do but how you do it that matters.***

Developing the knack of being total in responding to whatever comes , as it comes , is one of the greatest gifts you can give to you. ***So in this month take one step at a time, giving each step your complete attention and energy , can bring a wondrous new vitality and creativity to all that you do.***



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