

THE MIND POWER

AN INITIATIVE OF THE HYPNOTHERAPY SCHOOL OF INDIA



The Hypnotherapy School of India (HSI) founded in 2000 by Blossom Furtado to take Scientific Training about the MIND to all people continues on this Mission to create a Mind Body Spirit connection for Healing and Transformation of Human Behavior

May - August 2017
Volume I



FROM THE FOUNDERS DESK

Blossom Furtado
Founder

Hi Everyone

Thank you all for your commitment to Walk your Journey yourself accessing your Inner Resources

HSI continues to strive to support you on this Journey with the Affirmation Group - Webinar Monthly Series and Special Workshops that give you Scientific Tools

Please do find time to actively participate with your feedback and sharing so that together we can all make a difference

I would specially like to thank two people who specially make a difference to my work

Rachit Saxena for his very creative and innovative ideas and thoughts whose dogged endurance and dedication to making a difference keeps me motivated - Thank you

Chithra M who finds time to keep the Chennai Center buzzing - and makes Training there a 'dream' as she transforms any place in a Light Bright Beautiful venue with her creativity - Thank you

We are all here with a Purpose and I truly hope you are able to find this

Love Light and Gratitude

Blossom Furtado

FROM THE EDITORS DESK

Hi Everyone and Welcome to the Newsletter for May - August 2017 Volume I
Here is another fun filled informative Newsletter from HSI

In this issue we bring you the Power of Affirmations. The Hypnotherapy School of India along with Wellthlink have started together an WhatsApp group - Affirmations The Best You. This group was started on 18 May 2017 and already has 96 active members in this group. Every week an Affirmation was posted on this group for all members to work on themselves. 11 weeks and 9 powerful affirmations, this group is still growing strong. In this issue we have compiled all the Affirmations together and the stories about the transformation experienced in individuals after working with these Affirmations.

Happy Reading
I welcome all your inputs, please send them to hsimindpower@gmail.com

Lots of Love
Chithra M



Chithra
Editor



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WITH GRATITUDE TO WELLTHLINK EMPOWERING HSI WITH TECHNOLOGY THROUGH THE AFFIRMATION GROUP

The Idea for the creation of this Group originated from one of the Founders of WellthLink **Rachit Saxena** - www.wellthlink.com - WellthLink promotes Holistic Wellness and HSI is happy to associate to create Awareness so that TOGETHER with all of YOU we can make this World a Better place



AFFIRMATIONS are proven methods of Self Empowerment - they have the ability to Rewire our Brain and like Exercise they raise our FEEL GOOD Hormones and Motivate us to create New Ways of Thinking

Purpose and Intention



This group has been created to:

- 1) Awaken and unleash the best in you
- 2) Reinforce the essence of this simple daily habit
- 3) Build a community of support, guidance and learning ...

Modus

- 1) Every Saturday specific theme based Affirmations are shared addressing key attributes
- 2) The key attributes for the coming five weeks are
Gratitude, Motivation, Procrastination, Acceptance and Abundance
- 3) Twice a day reminders to do the affirmation are posted
- 4) Members use these affirmations and share experiences during the week to support, guide and learn from each other
- 5) Members post only experiences or questions related to affirmations and refrain from posting anything else

Join if you want to be - The Best You!

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POWER OF AFFIRMATIONS

GRATITUDE

GRATITUDE and Appreciation is a feeling that spontaneously emerges from within us. Yet, it is not simply an Emotional response - it is also a Choice we consciously make.

As writer Alexis de Tocqueville once described it - Gratitude is "a Habit of the Heart"

Brother David Steindl-Rast, a Benedictine monk, reminds us that "Gratefulness is the Inner gesture of giving meaning to our Life by receiving Life as a Gift"

Communication is a Core Element in our Journey through Life - Let us develop Gratitude and Appreciation as we "listen" and "speak"

Researchers at a California Science Foundation monitored Heart rhythms during different emotions and established that Gratitude and Appreciation create smooth structured heart rhythms and stimulate the Autonomic Nervous System - the involuntary part that controls automatic functions of digestion - immune activity - hormonal output which can keep us Healthy - Balanced - Wise and Grounded



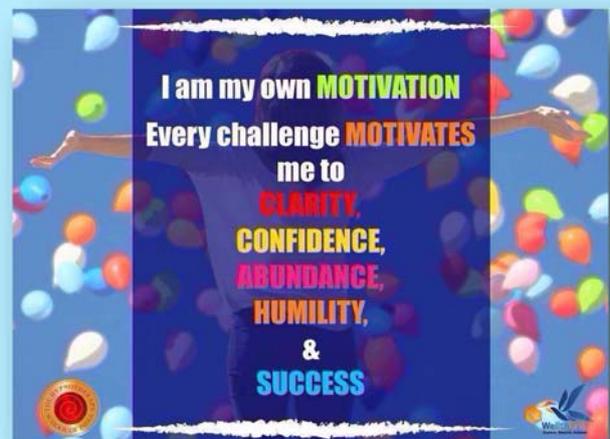
MOTIVATION

'A reason or reasons for behaving in a certain way '

Motivation is a word derived from the word 'motive' which means needs - wants - desires within the individual - it is the process of stimulation to achieve goals in Life

The psychological factors that can stimulate can be Money - Success - Fame

Motivation results from the interaction of both the Conscious and Sub conscious and when both are in alignment the result is the Drive to Achieve and Accomplish



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POWER OF AFFIRMATIONS

PROCRASTINATION

PROCRASTINATION is the avoidance or practice of putting off or delaying or doing pleasurable things of lower value instead of 'Valuable Inputs' to accomplish a GOAL

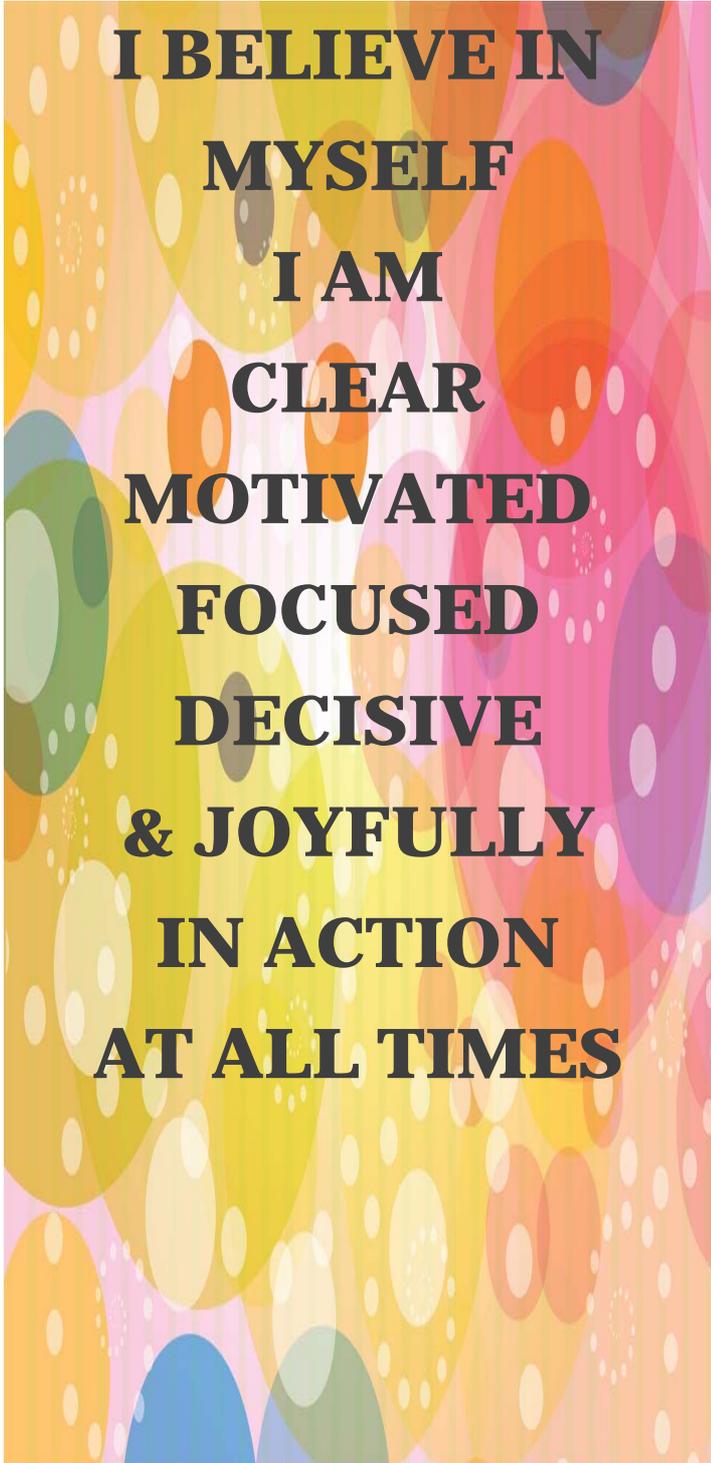
Procrastination can take hold of any aspect of LIFE resulting in amongst others:

Inadequacy
Guilt
Self Doubt
Relationship Issues
Lack of Abundance
Lethargy
Frustration
Low Self Esteem
Depression

Some of the coping responses of Procrastinators

Avoidance
Denial
Trivialisation
Distraction
Comparison with less fortunate
Living in the Past of 1 or 2 Achievements
Blaming
Living with an Ego
Mocking - validating with humour ones own adequacy by criticising others 'Striving towards a Goal'

If you notice any signs of these - then repeat this Affirmation that can facilitate you to Fine tune your Coping Mechanisms to Walk Powerfully towards your Goal



**I BELIEVE IN
MYSELF
I AM
CLEAR
MOTIVATED
FOCUSED
DECISIVE
& JOYFULLY
IN ACTION
AT ALL TIMES**

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POWER OF AFFIRMATIONS - FEEDBACK

The Affirmations over the first 4 weeks
addressing

Gratitude

Motivation

Procrastination

Acceptance

has structured my Mind -

I made it a practice to say it three times daily

- Morning as I wake up - Noon before lunch

- Night just after writing my Mental Bank

and before going to sleep - making it the

Magical 21 times

**I AM GRATEFUL - AM MY OWN
MOTIVATION - AM JOYFULLY IN
ACTION AND ACCEPT MYSELF AND
OTHERS AS IS**

if we can make a change to our own Micros
we will be able to shift parameters at the
Macro level enabling Happiness and Peace
to find an Entry into Human Beings - there
is only NOW

Love you all

Blossom

Hi Everyone

Go through what you have affirmed to yourself
over these last five weeks

And Introspect - some of the things to ponder

- ♥ Is there a shift in your way of thinking?
- ♥ Is there Gratitude? Or do you still function from Ego?
- ♥ Are you your own Motivation? Or do you continue to blame - justify and rationalise?
- ♥ Are you in Action? Or do you Procrastinate?

Do you Accept and Love Yourself and Others as they are? Have you tuned into Abundance? Or still in the Scarcity Zone?

Introspect -

Awareness followed by Acceptance leads to
Action and then TRANSFORMATION

The Key Attributes for the next 5 Weeks were

- ♥ ACTIVATE THE BUZZ
Raising your Energy
- ♥ CONFIDENCE
- ♥ HEALTH
- ♥ RELATIONSHIPS
- ♥ SELF LOVE
Say your Affirmations and create The Best
You

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POWER OF AFFIRMATIONS

ACTIVATE THE BUZZ

Raise Your Energy

We as Human Beings fluctuate - How we think and how we feel generates the Energy we bring to our Physical Body to be in Action

Use this Affirmation as many times during the day to REJUVENATE Yourself and stay in ACTION with ENTHUSIASM to complete your GOALS Joyfully and Successfully



CONFIDENCE

"Most People Live in a Restricted Circle of Potential" - William James

So true - We do not really Access our FULL Potential - We Live most of the time from Old Conditioning Programs that we are running at the Sub Conscious Level of our Mind

Confidence is generally described as a State of being Certain

Confidence is not a fixed trait or attribute - it is the outcome of the Thoughts we Think - the Feelings we Feel and the Actions we Take

Confidence equals Security equals Positive Emotion equals Better Performance says Tony Schwartz Author of Be Excellent at Anything - The Four Keys to Transforming the Way We Work and Live

It is not the lack of Intelligence nor the lack of Opportunities nor the lack of Resources - It is the LACK OF BELIEF in YOURSELF

So go ahead and do not give up - MOVE FORWARD with a GOAL - Accomplish it no



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POWER OF AFFIRMATIONS

HEALTH

Health is the Greatest Gift

To enjoy Good Health - to bring Happiness to Self and Family and Peace to All - one must first discipline and control ones MIND- if you can control your Mind - you will find your way to Enlightenment and then Wisdom and Virtue will naturally come to you
BUDDHA

The World Health Organization (WHO) defined HEALTH in its broader sense in its 1948 Constitution as a 'State of Complete Physical - Mental and Social Wellbeing and not merely the absence of Disease'

Dr Arthur Barsky of Harvard Medical School writes - We burn with Anger - tremble with Fear - feel choked with sadness - our stomach turns with revulsion - Everyone tends to experience unpleasant emotions as unhealthy bodily sensations and thus feel physically depressed when mentally distressed

However we all have the Power to change our **THOUGHTS** to **Positive - Motivating - Empowering Thoughts** and **Manifest a Healthy Mind** and a **Healthy Body** - Let us **AFFIRM** to achieve this Goal.....



RELATIONSHIPS

Relationships - the interpersonal - strong - deep or close association between two or more people

A good Relationship is built on a strong foundation - Relationships and Family are the Center of Human Life and can have a huge influence on your HEALTH

Having good Relationships eases Stress and gives you Energy and Courage to Live an Effective - Productive and Healthier Life

For great Relationships - the true cornerstone is effective and honest communication - Communicate with all around you and watch your relationships prosper

According to research by psychologist Sheldon Cohen college students who reported having strong relationships were half as likely to catch a common cold when exposed to the virus

In addition the 2012 international Gallup poll found that people who feel they have friends and family to count on are satisfied with their personal health and wellbeing than people who feel isolated

When you stop expecting people to be Perfect - you can like them for who they are - Donald Miller

Have Radiant - Beautiful and Awesome Relationships



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SHARING.....

Blossom Furtado

Hi Everyone

I woke up this Morning to a message from an unknown person which read - *My self realisation keeps me out of blind faith and delusion of rebirth - healing and empowerment - so stop leading people into believing they can heal themselves.....*

Earlier I would ignore such messages - however after this weeks AFFIRMATION - I was guided to respond

THIS IS THE RESPONSE I SENT

I have been into Meditation since 10 years of age

Meditation takes you to the Alpha brain waves - And you feel good and return calm peaceful and relaxed and if you can maintain this state there is a lot of Healing that takes place - however how many people can continue to Maintain this STATE?

Deep Hetero (Guided) Therapy with a Skilled Therapist takes you and holds you in the Theta brain waves when the Sub Conscious Mind as usual is fully awake and the Conscious Mind is passive willing to Understand Realise and Receive - here you are able to access deep memories or deep frozen memories which the Sub conscious has stored carefully hidden away from you so that you could continue to live effectively in this physical body that you have chosen until you are ready to look at your KARMA and find resolution

All your ANSWERS are within you - YOU are your Own Guru - Find a skilled Therapist and be guided to access your own Answers

For me sorting out my own Life from Conception to NOW has given me a new lease to Life

Loving - Forgiving - Gratitude has set me FREE from the shackles and I am able to reach the Zenith and Live with Zest and Zeal

Look within - You are your Own Guru

This is the response the person sent

Nice words. Thanks. Empowering - motivating - despite what I said - If you ever happen to be in my country or even somewhere close do inform me so I can come see you



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SHARING.....

Trainee Therapist from Chennai

I would like to share my experience of Daily Affirmation – Morning & Evening.

The exercise of instilling Affirmations for close to a month has helped me to put my life on a positive path where I have become calm and composed in a chaotic environment. I have increased my awareness while communicating/ listening with others which encapsulates ¾th of the day's activity while awake. I have realised that it is Communication (with self/with others) which makes my day positive, effective & productive. So daily affirmations are putting me on fast track towards my goals. I have started to respond effectively with an attitude of Gratitude than over reacting to any situation. If I face any criticism, learn a lesson and move positively. After 30kms of travel up & down between Office and home, I get enthusiastic & revitalized through affirmations and work extra 1-2hrs energetically spend quality time with family and also work towards my goal. Procrastination has reduced drastically in a month's time. Thank you Blossom mam & Rachit ji for a value creating group with awesome colorful & magical Affirmation templates .

Associate from Delhi

I am complete, joyful and industrious

Trainee Therapist from Chennai

Thank u ma'am these affirmations are helping me to get back my confidence, inner peace and feeling of enthusiasm all the time my health issues now.

Therapist from Bangalore

Working on this affirmation has helped me just get moving walking 5 km a dayeffortlessly .. I only need to put my shoes on and I am ready ... so I thank each of u on this Grp who thro increasing the vibration of their personal frequency has contributed to increasing mine . Lots of love to each of you ... have a blessed Sunday

Trainee Therapist from Delhi

Very true indeed. The affirmation is a revolution in itself. It is a major consensus that close relationships are seen as the main causes of ill health.

Trainee Therapist from Chennai

I can really see myself taking action regarding my health issues now. Makes me feel good. Thank you.

Therapist from Delhi

Affirmed with intent and integrity and complete awareness of the feelings, the action needed and the resources at hand

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IDENTIFY THIS CRYSTAL

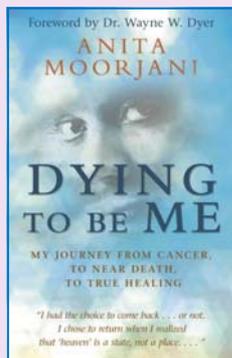


Clue: Stone of Unconditional Love

I am Master Owl WISEO.
I have read & recommend



Dying to be me
Author:
Anita Moorjani



ASK BLOSSOM
If you have any questions
please send an email to
hsimindpower@gmail.com



CRYSTAL POWER - AZURITE

Communication
Intuition
Guidance

Chakra:
Third eye Chakra
Affirmation:
I express freely



MIND VITAMINS

Say
I am Clear, Clarity and Focused

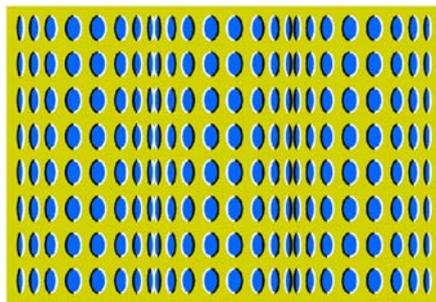
Instead of
I am Confused



Affirmation for Abundance

I am Prosperous

WHAT DO YOU SEE?



No, this is not an optical illusions GIF. The image really is static. Notice that when you look at any individual point dead on, it will stop moving. This powerful optical illusion is derived from interacting color contrasts and shape positions within the image. *Source: list25.com/25-incredible-optical-illusions*

Answer: Identify this Crystal - Rose Quartz

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OUR VISION

A UNIVERSE OF LOVE, PEACE
AND HAPPINESS
WHERE EVERY ONE
LIVES A

POWERFUL HOLISTIC LIFE

OUR MISSION

TO CREATE A MIND BODY SPIRIT
CONNECTION FOR HEALING

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New Delhi 110024
India

Centres & Associates

Delhi, Noida, Gurgaon, Bangalore, Chennai,
Calicut, Agra, Jaipur, Chandigarh,
Mohali, Guwahati, Hyderabad, Karnal, Sri
Lanka, Shillong, Rishikesh, Dharamshala,
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www.aikyatheone.org



HSI WISHES ALL THE STUDENTS WHO ARE
CELEBRATING THEIR BIRTHDAY AT THIS TIME OF THE YEAR



FAMOUS PEOPLE BORN THIS TIME OF THE YEAR



Reinhold Niebuhr

21 June 1892

Theologian

*Niebuhr is also known for
having composed the
Serenity Prayer*



Mother Teresa

26 August 1910

Saint

*If you judge people,
you have no time to
love them.*



**Marianne
Williamson**

8 July 1952

Spiritual teacher

*Our deepest fear is not that
we are inadequate. Our
deepest fear is that we are
powerful beyond measure.
It is our Light, not our
Darkness, that most
frightens us.*



Gregg Braden

28 June 1954

Author

*To create reality, focus
beyond the outcome, as
if it has already
happened*



Masaru Emoto

22 July 1943

Author

*If you feel lost,
disappointed, hesitant, or
weak, return to yourself,
to who you are, here and
now and when you get
there, you will discover
yourself, like a lotus flower
in full bloom, even in a
muddy pond, beautiful and
strong.*



James Van Praagh

23 August 1958

Author

*I'd rather look
forward and dream,
than look backward
and regret*



Melinda Gates

15 August 1964

Philanthropist

*If you are successful, it is
because somewhere, some-
time, someone gave you a
life or an idea that started
you in the right direction.
Remember also that you
are indebted to life until
you help some less fortu-
nate person, just as you
were helped*



Erik Erikson

15 June 1902

American-German
psychologist

*"The more you know
yourself, the more patience
you have for what you see
in others"*

OUR ETHICAL CODE

FACILITATE PEOPLE TO HEAL SO THAT THEY CAN RUN THEIR
OWN LIVES EFFECTIVELY & PRODUCTIVELY AND REMAIN CALM,
PEACEFUL & HAPPY AT ALL TIMES