

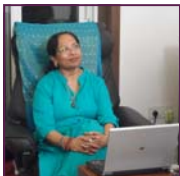
THE MIND POWER

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

Sep - Dec 2016
Volume II



Blossom Furtado
Founder

FROM THE FOUNDERS DESK

It is wonderful to see so many of you making a Difference in your own way and Living Life to its fullest

Diwali is the Festival of Lights - let us together turn on our Inner Lights to connect to ourselves fully and 'Show the Way' to all who cross our path. Christmas is a Festival of Love, Peace and Giving. Let us reach out and connect to all these qualities of Love, Peace and Giving to make our World a brighter and better place.

Have a Wonderful Festive Season and a Magical Beginning to the New Year. With Love Light and Gratitude to all Life Forms in our Beautiful World

Lots of Love and Light
Blossom Furtado

FROM THE EDITORS DESK

Hi Everyone and Welcome to the Newsletter for Sep - Dec 2016 Volume II
Here is another fun filled informative Newsletter from HSI

In this issue we have some interesting articles, an inspiring sharing from our Bangalore Therapist, motivating messages from the Masters, Book recommendation from our friend Master Wiseo - Identify the Crystal - Find the Empowering Words - Use your Visual faculty and see what you see in the picture - Be aware of our Schedules and take advantage of Reviewing them as you recall Our Vision - Our Mission - Our Ethical Code - and Ask Blossom Questions so that she shares her knowledge and insights and together we can Wake Individuals to their True Self. I welcome all your inputs, please send them to hsimindpower@gmail.com.

Wishing you all a Happy Diwali, Merry Christmas and a Happy New Year 2017.

Lots of Love
Chithra M



Chithra
Editor

WE ARE NOW AT WELLTHLINK

HSI would like to introduce you to Wellthlink - HSI has a Corporate Membership with Wellthlink and you can visit us at www.wellthlink.com to read articles written by our Therapists and the committed and structured work that is happening in this field

All HSI Certified Therapists please look at your email box for a mail from us about enhancing your Practice through associating with Wellthlink - you can contact them directly if you want to take out an individual Membership or get in touch with Blossom Furtado if you want to be a part of the HSI Corporate Membership with Wellthlink.



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TIPS FOR INCREASING ABUNDANCE

*Change your belief from
Scarcity to Abundance*



*Shift from Limiting belief
to Empowering
beliefs*



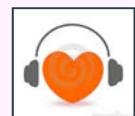
HAVE YOU DONE YOUR
ATC TODAY



2

MESSAGES FROM THE MASTERS

- * Parents are means to help us embark in this world so we can live our purpose
- * You don't need to do the spiritual rights ... they are there to remind you... to put you on the path...they are not the path You are not bound to follow them
- * The Spirit world is unlimited, you can come here anytime. However remember you are on earth with a purpose. Use your time to do whatever you have to do to fulfil that purpose. Don't waste time.. you have all the resources.. we will help you...there is work to do ...do it now
- * Don't get attached don't get caught up.... **TRUST TRUST TRUST**
- * Trust—You don't trust and love... remember to Trust. Whenever something seems not to be right and you feel misery... when something become difficultwhen you don't get something that you want... when it doesn't come to you... it is reminding you to **TRUST**
- * **Emptiness – Light – nothingness**
- * Only when you get empty you can be one with the light... you will be the light
- * **Do not judge...**
- * When you don't judge people, they trust you and you can guide them
- * Love without fear is true love
- * What you know you will know. What you don't know you will come to know
- * Don't stand at one place for fear that someone may say that you have taken a wrong step
- * When you are true to yourself you have already begun to walk towards your purpose. Your journey has begun.
- * You will be what you believe
- * You have come to the right track. Everything will be fine. Hard work always pays
- * There is no time, no space, time is limitless. What are you worried about? Infinite, you are there... Learn your lessons, finish your work and come back
- * Listen to your Heart – First message/Response is from God, second is by your Mind. God Talks to you daily, but you don't listen



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OUR THERAPY - WE MAKE A DIFFERENCE AT THE MICROCOSM AND THE MACROCOSM

I mentioned to my House Helper about the work which I do - she asked me whether I can suggest something for her varicose veins problem - I told her I do not know anything about varicose veins however I could help her to deal with the issue the Hypnotherapy way.

After a few days she asked me to do a session for her - I agreed

In one of her sessions during the cognitive only she was having a little bit of heaviness and pain in her hands - especially the right hand - when I asked her what is happening in her hands she said nothing madam - it is just due to keeping my hands for so long on the arm rest - I am feeling like this.

The goal of the session for her was **I am confident courageous and relaxed**

Under hypnosis - I asked her to take her awareness to a body part where she was not feeling confident courageous and relaxed and her awareness went to her right hand - I asked her what she wanted to do with this and she promptly said - take it out - when she took it out - it manifested as the energy of a cow - this cow's energy got attached to her when she was a 6 year old girl - at that time she fell into a well and her hand broke and since that accident there has always been pain in her hand - she was unable to comb her hair properly - she is currently 32 years old and for 26 years she had not been able to comb her own hair properly.

The cow who was pregnant at that time died as a result of the beatings by her Grandfather and was angry and sad and attached itself to the most vulnerable person in the environment when she broke her hand

The cow was still angry and sad and not willing to forgive the grandfather - however after a lot of communication the Cow forgave the Grandfather and went back. We completed the session



Next day I observed my House Helper's hair was properly combed - I remarked to her 'wow your hair is looking so neat and well combed today' She said 'yes madam after a long time I have been able to comb my hair properly without any pain - thank you madam'

Since then for the past one month she is able to comb her hair properly pain free

I made a difference to the Cow - my House Helper and took myself to another level in Therapy

-Ayesha Agarwal, Therapist, HSI, Bangalore



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IDENTIFY THIS CRYSTAL



*Clue: This stone is for
Prosperity, Hope and Healing*

*I am Master Owl WISEO.
I have read & recommend*



The Power of your Subconscious Mind

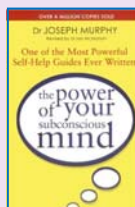
Author:

Dr. Joseph Murphy

This book is

for all the
people who
wish to
understand
about Mind
and its pow-

ers. In this book Dr. Joseph
Murphy illustrates on how an
individual can use their Sub
Conscious Mind to lead a Hap-
py, Peaceful life



ASK BLOSSOM

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



CRYSTAL POWER - SODALITE

Sodalite is a stone of confidence and
self expression.

Sodalite brings emotional balance and
calms panic attacks

An excellent stone for the mind,
Sodalite eliminates mental confusion
and intellectual bondage.

Chakra:

Throat and Third eye Chakra

Affirmation:

I am confident

I express freely



ACTIVITY SHEET—GRATITUDE

List down the things for which you are grateful. Doing
this exercise everyday will help shift you to a more
positive thinking

I am grateful and thankful for.....

1. Qualities in My Home
2. Qualities in My Family
3. Qualities in My Life
4. Qualities in me that I Appreciate
5. Qualities in My Friends
6. Qualities in My Work/Career
7. Opportunities
8. Unique Experiences
9. Natural beauty in the World
10. My Holidays/Vacations

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Ho'oponopono

I am Sorry

Please Forgive me

Thank you

I Love you

This powerful Hawaiian mantra can be used regularly on a daily basis to forgive people in your life.



Root Chakra Meditation

I am Connected to Everything

around with

Stability and Confidence

I move Forward

I am Light



Affirmation for Abundance

*Money comes to me easily
and effortlessly*



Understand Yourself - Find Purpose -
Explore and Discover Yourself and start
a new Journey inwards accessing your
Own Inner Resources to HEAL at all
levels of your Mind manifesting
a HAPPY SOUL - a CLEAR MIND and a HEALTHY BODY



MIND VITAMINS

Say

I am Healthy



Instead of

I am not sick

UNSCRAMBLE THE EMPOWERING WORDS

- | | |
|----------------|------------------|
| 1. wsdomi | 16. ennes- |
| 2. tirvtaicye | caerdcnt |
| 3. utiocyris | 17. ipnctepoaira |
| 4. jmueegntd | 18. trgdtaue |
| 5. leov | 19. phoe |
| 6. iescretpvpe | 20. Rohuum |
| 7. erauogc | 21. auitlitsipyr |
| 8. vrbarye | 22. jsueict |
| 9. snsircpeete | 23. mwatkeor |
| 10. Ethnys | 24. inasfesr |
| 11. etsz | 25. eleairsdph |
| 12. ytahnumi | 26. irmoandtoe |
| 13. oelv | 27. ssovengrfei |
| 14. skneidsn | 28. otseymd |
| 15. sloaic | 29. runpeedc |
| ngelceitnlie | 30. lefs-ntocolr |

WHAT DO YOU SEE?



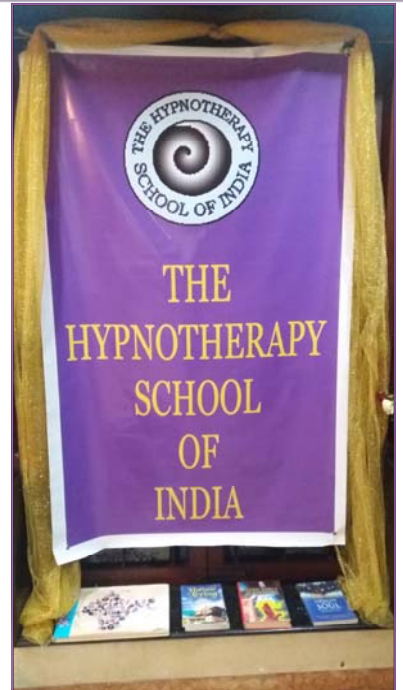
*Theory of Life is Live your
Life Fully in all areas in your
Wheel of Life*

- Blossom Furtado

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WORKSHOPS & EVENTS 2016



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CONNECT WITH NATURE

Doing simple activities every-day helps you connect with all the five elements of the nature.



Hug a tree

Smell the flowers



SMILE

ANSWERS

IDENTIFY THE CRYSTAL

The name of the crystal is Emerald.

UNSCRAMBLE THE WORDS - ANSWERS

- | | |
|-------------------------|-------------------|
| 1. wisdom | 16. transcendence |
| 2. creativity | 17. appreciation |
| 3. curiosity | 18. gratitude |
| 4. judgement | 19. hope |
| 5. love | 20. humour |
| 6. perspective | 21. spirituality |
| 7. courage | 22. justice |
| 8. bravery | 23. teamwork |
| 9. persistence | 24. fairness |
| 10. honesty | 25. leadership |
| 11. zest | 26. moderation |
| 12. humanity | 27. forgiveness |
| 13. love | 28. modesty |
| 14. kindness | 29. prudence |
| 15. social intelligence | 30. self-control |

725+ Likes and counting

7

SCHEDULES

LEVEL I

BANGALORE	CHENNAI	CALICUT	DELHI/ GURGAON
12 & 13 Nov 2016 04 & 05 Feb 2017	05 & 06 Nov 2016	24 & 25 Sep 2016	15 & 16 Oct 2016 14 & 15 Nov 2016 17 & 18 Dec 2016

LEVEL II

BANGALORE	CHENNAI	DELHI
06 & 07 Feb 2017	22 & 23 Sep 2016 07 & 08 Nov 2016	17 & 18 Oct 2016 16 & 17 Nov 2016 19 & 20 Dec 2016

LEVEL III

BANGALORE	CHENNAI	DELHI
23 & 24 Nov 2016	26 & 27 Sep 2016 09 & 10 Nov 2016	20 & 21 Oct 2016 21 & 22 Dec 2016

LEVEL IV

BANGALORE	CHENNAI	DELHI
23 & 24 Nov 2016	26 & 27 Sep 2016 09 & 10 Nov 2016	22 & 26 Oct 2016

SPIRITUAL REGRESSION WORKSHOP BETWEEN LIVES TRAINING

BANGALORE	CHENNAI
03 to 06 Dec 2016	26 to 29 Nov 2016

DIPLOMA IN REGRESSION THERAPY

DELHI
17 & 18 Sep 2016 - Diploma in Regression Therapy I
19 & 20 Sep 2016 - Diploma in Regression Therapy II
10 & 11 Dec 2016 - Diploma in Regression Therapy III
12, 13 & 14 Dec 2016 - Diploma in Regression Therapy IV

COGNITIVE INTERVENTIONS

BANGALORE
19 & 20 Nov 2016

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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

The Hypnotherapy School of India
81 Defence Colony Flyover Market
New Delhi 110024
India

Centres & Associates

Delhi, Noida, Gurgaon, Bangalore, Chennai,
Calicut, Agra, Jaipur, Chandigarh,
Mohali, Guwahati, Hyderabad, Karnal, Sri
Lanka, Shillong, Rishikesh, Dharamshala,
Faridabad, Kolkata, Pune, Mumbai, Jodhpur,
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www.empowermentholistic.com
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



Rumi

September 30, 1207

American psychiatrist
and psychologist
specializing in medical
hypnosis and family
therapy

*"Your task is not to seek
love, but merely to seek
and find all the barriers
within yourself that you*



John Kappas

11 September 1925

Author
Hypnotherapist

*"Life gives you plenty
of time to do whatever
you want to do if you
stay in the present
moment"*



Louise Hay

October 8, 1926

Motivation Author
and founder of Hay
House.

*"All is well in my
world"*



Deepak Chopra

22 October 1947

Author
Public Speaker

*"Life gives you plenty
of time to do whatever
you want to do if you
stay in the present
moment"*



Brian Weiss

06 November 1944

American Psychiatrist,
Hypnotherapist, and
Author

*"Forgive the past. It is
over. Learn from it
and let go."*



Milton H. Erickson

December 05, 1901

Austrian neurologist,
founder of
psychoanalysis.

*"Life will bring you
pain all by itself. Your
responsibility is to
create joy"*

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