

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

Jan—May 2017
Volume I



Blossom Furtado
Founder

FROM THE FOUNDERS DESK

Hi Everyone

I hope all is well with You and your Family and YOU are in Action - Someone said to me one morning - Life is full of Challenges - Are we missing doing something

MY TAKE ON LIFE

Life is always full of challenges and as we Grow and Expand the Haze and Blur disappears and we see things clearly and handle them as they come along
Most people live 'Play Dead' lives until it is too late to do anything

I live an ACTIVE PLAY FULL Life and it is always full of Challenges
Imagine standing near the Ocean waiting for the Water to touch your feet and NOTHING happening - NOW Imagine standing near the Ocean waiting for the Water to touch your feet and experiencing the chill water - the crabs nibbling at your toes - the sand slowly cruising away from under you - the sound of the Mighty Waves beckoning you to Action - the Infinite View of the Limitless Potential that is YOU - AND YOU are Gloriously Magically involved with Life

A PLAY FULL Life is always full of Challenges - Love it - there is only NOW to be PLAYFUL

Lots of Love and Light
Blossom Furtado

FROM THE EDITORS DESK

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

In this issue we have some interesting articles, inspiring sharings, motivating messages from the Masters, Book recommendation from our friend Master Wiseo - Identify the Crystal - Be aware of our Schedules from the website 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

Lots of Love
Chithra M



Chithra
Editor

The Hypnotherapy School of India
Where healthy life comes naturally

SPIRITUAL REGRESSION BETWEEN LIVES

NAVIGATE THROUGH THE METAPHYSICAL REALMS IN THE TIME BETWEEN YOUR PAST LIFE AND YOUR CURRENT LIFE AND FIND OUT VITAL INFORMATION ABOUT YOURSELF AS WE ARE MOVING INTO AN ADVANCED STATE OF BEING WHICH IS THE MOST CRITICAL PHASE OF OUR INCARNATION ON PLANET EARTH.

What is my Purpose in Life
What are the Lessons that I need to learn
Who are my Soul Group Members
Am I on the right track
How can I help myself - How can I help others
What is the reason I chose this Physical Body
What is my Energy Level - And more answers in here and now.....

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**I DEDICATE THIS POEM TO MY
MOM...REMEMBERING HER FONDLY THROUGH
THE LESSONS LEARNT ...**



I HAVE LEARNT

I have learnt ...That we will miss our parents when we grow older

I have learnt ...That time when it passes...brings about forgiveness and a mellowing of spirit

I have learnt ...That relationships that may appear soul deep can also be transitory... Suddenly you do not matter any more ...

I have learnt ...That times that may be really challenging are also your best Teachers...These times make you authentic...Real and grounded...

I have learnt ...That people may forget what you did for them however they may remember how you made them feel



I have learnt...That remaining at peace is a choice...Which we make every day...All day

I have learnt ...That all the wealth in the world may not still buy you a last breath...When the time comes...We must go

I have learnt...That in the end...All that matters...Is the Love you gave...And the Love you received...The moments in which you truly lived...And the Lessons you gathered...

For when the time comes to walk into the Light...

Walk we must.... Onwards

Richa
HSI Pune Therapist



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MY JOURNEY

SHIKHA SUD

CLINICAL HYPNOTHERAPIST

THE HYPNOTHERAPY SCHOOL OF INDIA GURGAON

I used to be scared.
Scared of ghosts.
Scared of the dark.
Scared of closed spaces.
Scared of the future.
Scared to trust.
Used to be.

Today, I thank each and every one of these fears for driving me up the wall, making me desperate enough to seek help and for making me courageous enough to choose a better, more empowered life today. Had it not been for all those fears I would never have found Rock Sir's number. I would never have decided to test the waters, to understand what this Hypnotherapy was all about, by enrolling into Level One of the course at The Hypnotherapy School of India.

I would never have understood the theory of human mind and stretched the boundaries of my own mind. I had a full time job in advertising to manage. But after finishing Level One and experiencing the powerful effects of self hypnosis on myself, I was curious to understand what all one could do with Hypnotherapy. With the mounting pressures at work it would have been a challenge, but what the heck, I decided to jump in. I finished the course over a span of a year and realized that being a certified Hypnotherapist does not come easy. One has to practice, practice, practice. So I attended practical classes for each level. And in each practical session I realized I knew nothing. I got my friends to be my clients. I chased away some friends by being a 'hitler' therapist. I did some things right. But most things wrong.

There came a point where I almost lost faith in myself as a therapist. Good sense prevailed and I decided to have faith in my mentor and requested her to be my therapist. That I think was the true beginning of my journey. After every session I felt lighter, calmer, freer of the extra baggage I never even realised I had been carrying around since so many years. You have to, have to, taste this feeling of freedom that an effective therapy brings to you. Because only then will you get the understanding and the determination of wanting to make your clients feel it too. I understood why my friends never came back for therapy to me. I understood the difference between authority and compassion. And I understood (rather, I am still understanding) the fine balance that is needed to make every session musical and truly transformational. I worked with a client and cleared Level Two Certification. I was now excited about clearing the Level Three Certification. I requested my friend to be my case for level 3. We worked together, over months. She felt better and I felt the therapy was mostly done. But on the day of the demo, the client showed signs of resistance and anger. But I managed to handle the session, cleared the demo and got my certificate. On a personal level, however, I felt I had failed. Because even after 10 sessions I had not been able to close the case.

But just about that time, a couple of days later, another client of mine came for his 7th and last session and said that therapy had totally changed him and his life. Encouraging feedback for a therapist who was on the brink of not trusting herself. I began to reflect on where I had gone wrong with my friend and realized that while her therapy did achieve some results, it did not work 100% because the client's goal was not to heal herself of her issue. Her goal was to make me a better therapist. I gave my 100% as a therapist, she gave her 100% as a client. But the goal and intention was not set right.

Also, the client and the therapist in this case believed that deep therapy will make all the difference. As a therapist, I realized it was extremely important to make the client have an action plan in the here and now. To make the client empowered in their life, and not dependent on deep sessions. The same client's sister decided to start therapy for anger issues. She said her situation couldn't get worse than what it was, so she was willing to her best shot. The client and the therapist in this case had a clear goal. She was determined to work on her issue and heal herself of her anger issues. I was determined to facilitate her to success. I told her, what I now tell all my clients. That deep therapy will do only 40% work. She needs to put in the rest of the effort, by bringing all the insights and learnings of deep sessions into her life in the here and now.

She did. And after the 9th session we both realized we had journeyed to success. The client has transformed into a confident and calm individual, who realizes that anger may come and go, she needs to be in charge of herself. Always. The people and the circumstances are the same, but they now seem calmer and more supportive of her now.

It truly fills my heart with joy to hear her talk about the newfound teenage romance in her marriage of sixteen years.

I have cleared level 4 and I am a Certified Clinical Hypnotherapist now. I have been working with many clients with different issues. But each client and every session humbles me, teaches me, transforms me as a therapist each time.

As the energy shift takes place in each client, session after session, they come to me and tell me they feel so much better about themselves, about life. Well, so do I. Because I am not scared anymore.

I am just blessed to have found my calling in a field of work where living with awareness, every waking moment, is not a choice. But a compulsion

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IDENTIFY THIS CRYSTAL

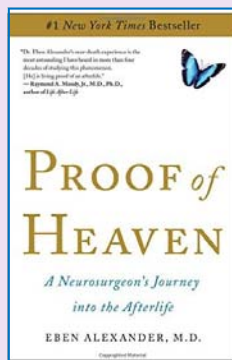


*Clue: This is the
Master Healer*

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



Proof of Heaven
Author:
Eben Alexander



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



CRYSTAL POWER - JET

Jet is also called the stone of protection
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



DEMO DAY

18 APRIL 2017

GURGAON

It was such a wonderful feeling to sit in at a Session like this - As both Therapist and Client walked in to do a Demo for Certificate Clearance for Level IV - there was this exquisite feeling of Joy - Peace and Accomplishment and as the Session progressed there was a reinforcement of Determination - Confidence - Clarity - Commitment - Passion in the Therapist and there was Transformation and a quiet air of Contentment and Peace all around the Client - The rapport between Therapist and Client was Awesome - Amazing and Inspiring - Truly a Life Changing Experience

I know all of you too can Make a Difference to Yourself and Others around you

Love and Light
Blossom Furtado

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Ho'oponopono

I am Sorry

Please Forgive me

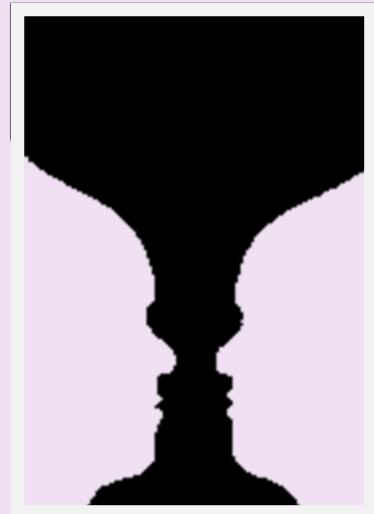
Thank you

I Love you

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



WHAT DO YOU SEE?



Affirmations

- ♥ I am Happy, Bold, Confident, Positive and moving on with my marriage and Career
- ♥ I am Focused, Strong and Happy
- ♥ I am Relaxed, Empathetic, Healthy and In-Charge
- ♥ I am Bold, Balanced, Normal and In charge at all times
- ♥ I am Confident, Balanced, Calm, Secure and Peaceful
- ♥ I am Happy to Grow my child Safe & Secure
- ♥ I Grow, Face, Understand and am Calm and Peaceful



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



Affirmation for Abundance

I am financially supported in my universe

MIND VITAMINS

Say

I am Prosperous

Instead of

I don't have money

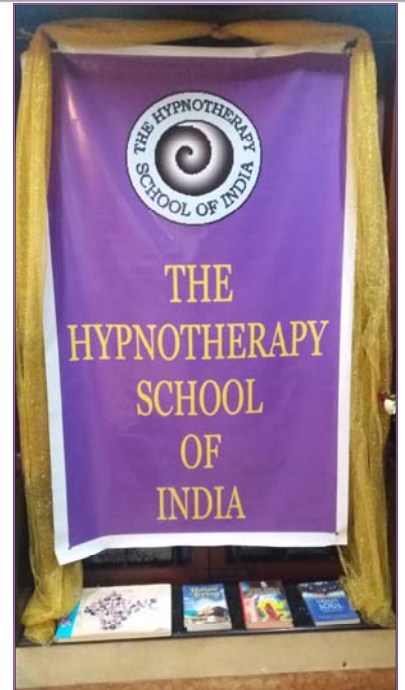
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WORKSHOPS & EVENTS 2016



@Life Positive Workshop



Level I Chennai



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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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Centres & Associates

Delhi, Noida, Gurgaon, Bangalore, Chennai,
Calicut, Agra, Jaipur, Chandigarh,
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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



Blossom Furtado

February 5

Transpersonal Regression
Therapist
Author

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



Vivekananda

12 January 1863

Author
Hindu Monk

*"All the powers in the
universe are already
ours. It is we who have
put our hands before
our eyes and cry that it
is dark."*

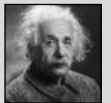


Ramakrishna

18 February 1836

Indian Mystic and
Yogi

*"When the divine vision
is attained, all appear
equal; and there re-
mains no distinction of
good and bad, or of
high and low."*



Albert Einstein

14 March 1879

Physicist

*"The Intuitive Mind Is a
Sacred Gift and the
Rational Mind Is a
Faithful Servant"*



Tony Robbins

29 February 1960

American Businessman
Author

*"Setting goals is the
first step in turning the
invisible into the
visible"*



Brian Tracy

05 January 1944

American Motivational
Speaker and Self
Development Author

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



Steve Jobs

24 February 1955

American entrepreneur,
businessman, inventor,
and industrial designer

*"Innovation distinguishes
between a leader and a
follower"*



Stephen Hawking

08 January 1942

English theoretical
physicist
Author

*"Intelligence is the ability
to adapt to change"*

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