



THE MIND POWER...HSI Initiative

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STAYING HEALTHY SUMEDHA BHISE (Cht)

I think I am quite familiar with my physical body, and its needs. To stay healthy, my physical body needs exercise, water and a balanced diet of physical food. My physical body absorbs all the nourishment it needs from the food, and eliminates what it doesn't have any use for. Hydrating my physical body helps this elimination process. Without proper elimination I will fall sick. Water flowing through my physical body is also the way my cells are nourished and refreshed. Exercise keeps the muscles and organs functioning at peak efficiency and strengthens the bones that form the support system of my physical body. Exercise also helps my physical body to rest properly and adequately.

What does my mental body need? To stay healthy, my mental body also needs exercise – I need to stretch my ability to think. I need to provide my mind with challenge. Hydration for my mental body is in the form of my dreams. My dreams flow through my mental body, refreshing (processing), replenishing (updating), and helping in the elimination process (venting). The food for my mental body is thought. To me, thoughts appear to exist in a space from which my mind easily picks them. I have never had a truly original thought – I put thoughts into my mind and I 'cook' with them. I combine them and flavor them and then I present them to myself or to others, just as I am presenting this article to you. But the thoughts that I pick up in the first place are already there for me to pluck. It also seems to me that the more often we humans choose to pick up certain thoughts, the more prevalent they are. Just as people make available more of the physical foods that there's a desire for, our thought-foods also obey the law of supply and demand. Maybe we should be more careful about what thoughts we choose to pick up and avoid the 'junk food'! And of course we need to eliminate those thoughts that are no longer useful to our mental bodies, to keep ourselves mentally healthy.

As a therapist I have also learned to be familiar with my emotional body. I exercise my emotional body by 'feeling my feelings', allowing them to stretch, to expand and contract, just as I do with my physical muscles. I avoid numbing my feelings and I let myself laugh, cry, feel sad, feel happy, be angry, be peaceful, and all the small emotional movements in between. Any emotion we truly let ourselves feel can only last for around two minutes. It's the emotions we refuse to feel

that last a long time, because they stay blocked. Emotional constipation is unhealthy. If I do not feel my emotions, I will not be able to release whatever no longer serves me, as all of it becomes an indigestible blob! That's why we can carry 'emotionally charged memories' from one life to the next. Dying provides us with the opportunity to digest and let go of the blocked emotions, healing (restoring wholeness) to ourselves – if we neglect this opportunity, we carry the work to our next life. While physically alive, I provide the emotional hydration my body needs by breathing fully and deeply. The breath flows through my physical body, providing oxygen to the cells and carrying away the unwanted gases. The breath also flows through my emotional body providing calm balance and carrying away the emotional detritus. (That's why we breathe more deeply during hypnosis while having a cathartic experience)

I am less familiar with my energy body because I don't tend to pay so much attention to it. Hydrating my energy body is actually easy. We know how to do this, even if we don't do it consciously. Our energy bodies are highly attuned to vibration, and sound helps us keep our energy bodies fit. Singing, chanting, listening to music or to the sounds of nature ... all of these help refresh and clear our chakras, eliminating the unwanted 'blocked' energies. The nourishing food for my energy body can only be obtained through meditation. My thought body needs to think in order to exercise and be healthy; while my energy body needs the stillness in which thought can be suspended, so that light energy can be absorbed. It's a delicate balance and so we tend to avoid both altogether. And what about my energy body's need for exercise? I am often tempted to procrastinate exercise for all my bodies! In order to remain fit, my energy body needs me to generate a special kind of love that we call gratitude. The exercise of gratitude is of paramount importance in staying healthy.

My higher bodies also need exercise, food and the continuous flow of intake and letting go. I need to live consciously, 'exercising choice', and nourishing myself with the higher vibrations of love in all its myriad forms. Then I function as a healthy cell within the universal body. Healthy and whole have the same meaning. When I keep myself healthy, I am the whole of a part. Then I am aware of being a part of the whole. This is the true meaning of a holistic life.

HSI Program At News.....

THE HYPNOTHERAPY SCHOOL OF INDIA WITH ITS ASSOCIATES CONDUCTS WORKSHOP FOR CANCER PATIENTS AND THEIR FAMILIES AT MAX HOSPITAL MOHALI

40 cancer patients, their families attending this 1st of its kind workshop in country

Mohali, August 1, 2014: The 3-day holistic healing workshop for cancer patients started at Max Super Specialty Hospital (MSSH), Mohali today. The workshop is the joint efforts of MSSH, Mohali along with Holistic Healing Trust, Chandigarh, The Hypnotherapy School of India (HSI), Aikya The One (ATO) and The Empowerment and Healing Foundation (EHF) to 'make a difference' through the workshop to empower and equip individuals with the awareness of connecting back to themselves to live effective and productive lives.

Realizing the need to have a support program in place, HSI and a team of Therapists from the Cancer Unit of Max Hospital have come together to create a 'Healing Support Program'. The 40 patients and their family members are attending this first of its kind workshop in the country.

The objectives of workshop are as under:

- Aims to provide knowledge & learning and a self sustaining support program to heal self from sickness to wellness.
- Explore & discover how the mind body and soul work together
- Find out how Positive thinking can change life
- Improve the quality of life through the limitless potential of the mind.
- Learn coping strategies to change negative beliefs into healing thoughts
- Manage & overcome stress, anxiety and depression
- Strengthen immune system
- Understand how to deal with anticipatory nausea & vomiting
- Conceptualize a healthy diet for self
- Reframe & re-script old programs & belief systems
- Live an effective & productive life & remain calm, peaceful & happy



What we intend to bring about through this workshop is a coming together to work as a team, the experts of the body the doctors, the experts of the mind the mind therapists and experts of the soul the Metaphysical Therapists to jointly support the individual to walk back from sickness to wellness." pointed out Dr Sachin Gupta, Senior Consultant, Medical Oncology at MSSH, who spearheaded the program at the local centre.

"We are spiritual beings having a human experience. However what really happens is that over time particularly we as "humans" forget our true nature and let our system get contaminated. We have realised is that we have the power to return our system back from sickness to wellness with the support of all interventions at the physical, mental and emotional and astral levels of our energy system, remarked Blossom Furtado, Founder & President, ATO.

"I have seen a significant improvement in the overall well being and health of my patients, post the first workshop last month. We hope to organize many such workshop in future not only for cancer patients but also for our staff and doctors who are constantly engaged in dealing with cancer patients. This workshop focuses on treating the mind and the soul. We treat the body with chemotherapy, surgery and radiation but are also trying to combine modern medicine and holistic healing approach." asserted Dr Gupta.

HSI and our team of committed and dedicated Therapists have come together to create a Healing Support Program that has a Soul-Mind-Body approach for addressing all sickness and enabling the individual to move forward from sickness to wellness, maintained Furtado.

Meanwhile Blossom Furtado which presents workshops on self empowerment to corporate organizations, schools, NGOs and other institutions is also the Founder Director of HSI which was founded in 2000. She teaches hypnotherapy, regression & past life therapy and life between lives spiritual regression therapy. She works with many modalities like alternative therapy, transpersonal regression, clinical hypnotherapy, regression & past life therapy, spirit release therapy, naturopathy and yoga theta healing, energy balancing, navigation through life between lives, crystals and neuro linguistic programming etc

MY THOUGHTS & IDEAS

CHITHRA M

It all started after our Metaphysical mediation. I was so touched by that Meditation at many levels, very difficult to explain it in words. This started off my thought process – Wouldn't it be awesome if we all come together and meditate regularly and keep increasing our own vibrations. That day sitting in that room, doing all that work really motivated me.

Everyone needs that touch – just a few minutes to be within ourselves. Initially I found it very difficult to do self work, because it was a challenge to do it all by myself at home. I used to ask everyone who is coming for the practice and whenever Blossom was in Chennai I made it a point to be there in the class. Because I know every time I sat in the class I had an opportunity to learn. All this made me wonder how we can have more like minded people coming together.

So I know that whenever we have some special workshop many students come and join and this kindles their interest. Also they start referring their families and friends, so why not have some special workshops. That's when the idea for a JOY workshop popped in. Many parents who come for the class say that the most challenging part is to work with a family member, especially their son/daughter. Well here is the opportunity. I also feel that this workshop will help the kids spread our work to their friends. Somewhere some child will be motivated by this work and there will be transformation

The same with the Crystal workshop, many people are fascinated about crystals they are always curious to know what's up with these shiny stones. So let's help people learn more about crystals. All these workshops help us to fine tune our skills and also helps us stay with the group. To me these workshops are like GATEWAYS TO OUR OWN SELF. It doesn't matter which gateway we are choosing the end result is what we need to look at.

All the planning for the additional workshop made me wonder how I can spread the word to people, who are not aware about HSI and its activities, thus came the idea of posters, posting on websites, doing videos etc.....With my busy schedule, I started wondering how else can I help sitting at my desk that's when the idea about contributing articles to the magazines came in (I also remember one of our students said they picked out our advertisements from a local tabloid).

So I basically made a note of all this and started doing it. My intention was simple I was able to make a difference to my own life; someone helped me through that journey and now let me be that someone...

And so started out my Thoughts and Ideas and it just keeps pouring in.

MY CRYSTAL

Chithra M



Affirmation

I connect with my Angels and am guided for my Highest good at all times

ANGELITE

Angelite is a CRYSTAL that can bring Serenity, Inner Peace and a sense of Calm. Angelite is excellent to calm down from Feelings of Stress and access Relaxation. Angelite dispels Fear, Anger, and encourages Forgiveness.

It is a light blue perfectly awesome Crystal that supports me in connecting to my Angels and Higher Vibrations

A SPIRITUAL CONSPIRACY

GREG BROWN (A Spiritual Friend)

We know that no matter how crazy things may look on the surface, the universe is conspiring to shower us with blessings. Enjoy the rich flow of conscious conspiracy in the words that follow as you breathe in Light and breathe out Love in your daily lives.

A SPIRITUAL "CONSPIRACY"

On the surface of our world right now
There is war, violence, and craziness
And things may seem dark
But calmly and quietly at the same time
Something is happening underground
An inner revolution is taking place
And certain individuals Are being called to a Higher Light
It is a silent revolution – From the inside out – From the ground up.
This is a global co-operation – That has sleeper cells in every nation.
It is a planetary Spiritual Conspiracy.

You won't likely see us on T.V.
You won't read about us in the newspaper.
You won't hear from us on the radio.
We don't seek glory.
We don't wear any uniform.
We come in all shapes and sizes, colors and styles.
We are in every country and culture of the world
In cities big and small, mountains and valleys
In farms and villages, tribes and remote islands.

Most of us work anonymously
Seeking not recognition of name
But profound **TRANSFORMATION OF LIFE.**
Working quietly behind the scenes
You could pass by one of us on the street
And not even notice – We go undercover
Not concerned for who takes the final credit
But simply that the work gets done.
Many of us may seem to have normal jobs.
But behind the external storefront
Is where the deeper work takes a place

With the individual and collective power Of our minds
And hearts We spread passion knowledge and joy to all
Some call us the Conscious Army
As together We co-create a new world.
Our orders come from the Spiritual Intelligence Agency
Instructing us to drop soft secret love bombs when no one
is looking – Poems ~ Hugs ~ Music ~ Photography ~
Smiles ~ Kind words Movies ~ Meditation and Prayer ~
Dance ~ Websites – Social activism ~ Blogs ~
Random acts of Kindness...

We each express ourselves in our own unique ways
With our own unique Gifts and talents.
"Be the change you want to see in the world"
That is the motto that fills our hearts.
We know this is the path to profound transformation
We know that quietly and humbly Individually and collectively
We have the power of all the oceans combined
At first glance our work is not even visible
It is slow and meticulous
Like the formation of mountains
And yet with our combined efforts
Entire tectonic plates are being shaped
And moved for centuries to come

Love is the religion we come to share
And you don't need to be highly educated
Or have exceptional knowledge to understand it
Love arises from the Intelligence of the Heart
Embedded in the timeless evolutionary pulse
Of all living Beings
Be the change you want to see in the world.
Nobody else can do it for you
Yet don't forget, we are all here supporting you
We are now recruiting – Perhaps you will join us
Or already have – For in this spiritual conspiracy
All are welcome, and all are LOVED
The door is always open
BE THE LIGHT IN EVERYONE'S LIFE



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Ethical Code

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their own lives Effectively & Productively &
remain Calm Peaceful & Happy at all times**

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