

# 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 2017  
Volume I



Blossom Furtado  
Founder

## FROM THE FOUNDERS DESK

Hi Everyone

It has been an Exciting Year for HSI as we embark into new areas to Make a Difference - Little did I know that those many years ago when I set out to - Touch and Make a Difference to One Persons Life daily - I would be guided to meet and Associate with all you Beautiful people to Make a Difference together - thank you all for keeping your Promise and Connecting back to each other  
The Affirmation Group has connected all Individuals from different locations across the World to come together to Affirm and as we do this we make a difference to Mother Earth and she Blesses you for your time and effort - continue to Affirm and invite Family and Friends to join the Group

The Theme based Webinar every month has enabled us to connect and work on ourselves from the comforts of our Own Homes giving us Vitamins - Minerals and Nutrients for our Soul Mind and Body as we Introspect - Let Go and Connect Completely to Ourselves - Invest these 3 hours a month for Yourself to Be a Better You and Be the Change

Demystify - Exploring and Resolving Black Magic - Curses - Oaths and Vows - Our New Knowledge Empowering Workshop gives us an insight into How drawing on our Own Inner Resources we can Live Effective Lives not getting embroiled in what others say or do  
HypnoYoga our next new Venture integrates Mind and Body giving us the ability to Nurture our BODY as we make Meaningful decisions with our MIND to accomplish the Purpose that our SOUL came here to complete

HSI in Gurgaon will be moving to a bigger premise from December 2017 and as we March ahead into the New Year

I would like to thank all of you who have gallantly overcome your Challenges to stay Grounded - Balanced - Harmonized - Committed and in Charge at all times to Make a Difference and Raise the Vibration

Five individuals created ripples for HSI that need mention

**Ritika Sharma** for joining the Wellness Workshop as Trainer - committing her Time and her valuable inputs to create Awareness through her Life Coaching techniques at a Conscious level so that the work we do at the Subconscious level is aligned and effective

**Rachit Saxena** for his consistent commitment and dedication and his valuable inputs to the Affirmation Group - the Webinar and for his Time and Efforts to reach out to more and more people and Make a Difference.....

**Chithra M** from Chennai for that Special Light - Care - Touch that she brings to HSI despite her very busy challenging schedule with her own Wheel of Life - She owns everything she touches with no expectation and has that Midas touch of turning what she does to Gold.....

**Dr Sachin Gupta** - Oncologist - Max Hospital Mohali-Chandigarh - for his Vision of Holistic Intervention and his Dedication and Commitment to bring this Awareness to his Patients through the HSI Wellness Workshop that he Sponsors every second month and is physically present - Sharing - Caring and Moving them forward

**Smriti Sawhney** who unconditionally is always there to support and facilitate whenever I have reached out to her

Thank you all from the bottom of my Heart

The Festival of Lights brought a new awareness to our Country and there was less Noise and Pollution - Christmas celebrating the Birth of Unconditional Love - Joy and Hope is fast approaching and then follows the New Year

Let us all together herald in a New Intention of Creating Awareness with Love - Peace - Respect - Tolerance and Caring for All Life Forms on Mother Earth

Merry Days Ahead and a Very Happy - Peaceful and Prosperous New Year

Love Light and Gratitude to each of you  
Blossom Furtado

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Chithra  
Editor

## FROM THE EDITORS DESK

Hi Everyone and Welcome to the Newsletter for Sep - Dec 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 started together an WhatsApp group - Affirmations The Best You. This group already has 123 active members. Every week an Affirmation was posted on this group for all members to work on themselves. In this issue we have compiled all the Affirmations together and the stories about the transformation experienced in individuals after working with these Affirmations.

In addition to that we have our regular columns Power of Crystals, Abundance Affirmations, Mind Vitamins and our very own Master Owl Wiseo recommendation.

Happy Reading. I welcome all your inputs, please send them to [hsimindpower@gmail.com](mailto:hsimindpower@gmail.com)

Lots of Love  
Chithra

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## POWER OF AFFIRMATIONS - SELF LOVE

Self Love - a regard for ones own Wellbeing and Happiness

Joyce Marter says - After 20 years of Counselling individuals and Couples as well as doing my own Inner Work - I have come to believe that perhaps our greatest life lesson is learning how to fully Accept and Love ourselves - Self Love is the prerequisite for complete immersion in the Abundant flow of Light and Love in the World around us .....

So True - Easy to say - a struggle to accomplish - Yet that is the ONLY way to Living an Effective and Productive Life

It is surprising how many people go through life without ever recognising that their feeling towards other people are largely determined by their feelings towards themselves - if you are not comfortable within yourself - you cannot be comfortable with others

So says Sidney J Harris



And I totally agree with him

So let us start with Affirming to SELF.....

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## POWER OF AFFIRMATIONS—SUCCESS

Success to everyone will have a different meaning - Success may refer to - Attainment of higher social status - Achievement of a goal - or the opposite of failure

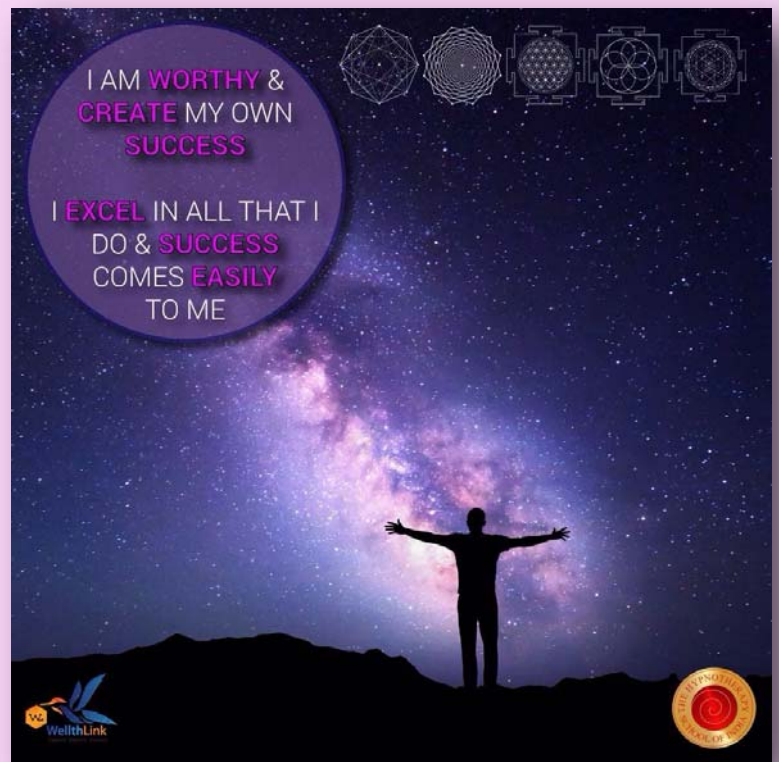
However if you look closely it may consist of the following three elements

- 1) Who Am I? Do I know Who I am and do I Accept and Love Myself completely and deeply?
- 2) Am I Balanced - Harmonised and Grounded in all areas of my Life and am Happy and Peaceful?
- 3) Do I contribute to the Macrocosm joyfully?

A strong Positive Self Image is the best preparation to Success say the Joyce Brothers

And Your Positive Action combined with Positive Thinking will result in Success says Shiv Khera

So let us in the 30 minutes before we fall asleep and in the 30 minutes in the morning as we wake up - Affirm to ourselves three times with Intent and access our own Inner Resources to achieve Success .....



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## POWER OF AFFIRMATIONS - OPTIMISM

Optimism is the Hopefulness and Confidence about the Future or the Success of something - looking at the Positive side of Everything

Optimism is the Key to Success - Effective Positive Thinking can create Magic in your Life - it has to be your predominant Mental Attitude

Are you willing to develop a Mental Power that can positively affect you - your environment and the people around you

Optimism is the faith that leads to Achievement - Nothing can be done without Hope and Confidence says Helen Keller

So Power your Thoughts with this Affirmation

Love and Light as you Power your Thoughts .....



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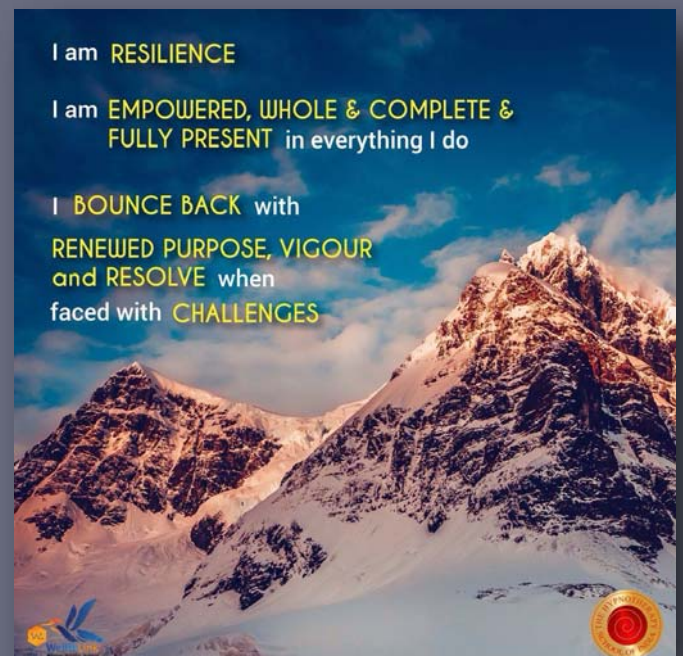
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## POWER OF AFFIRMATIONS - RESILIENCE

Resilience - the ability to spring back into shape - bounce back - have the toughness to get up and move forward no matter what - Resilience is a Quality that will enable you to come back even stronger when you fall - it is the ability to find that Inner Strength as you face Challenges in Life and Rise to Overcome them and move forward effortlessly

Resilience is a Process of Adapting well in the face of adversity and other significant sources of stress - Some of the factors that can contribute to making you Resilient

- \* A Positive Attitude
- \* Optimism
- \* The ability to regulate and manage your Emotions
- \* To be able to Learn from our Failures
- \* To Actively Listen and take feedback as constructive inputs to build our Resolve and Go forward



As someone said - Resilience is not a trait that you have or not have - it involves Behaviours - Thoughts and Actions that can be learned and developed in anybody

B K S Iyengar said - *Change leads to disappointment if it is not sustained - Transformation is sustained change and it is achieved through Practice*

When Body Heart and Mind are trained and Mastered - the Lens of Spirit or Soul is Clear -

Dr Sven Hansen

I am Resilience .....

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## POWER OF AFFIRMATIONS - LETTING GO

If you Let go a Little - you will have a Little Peace - if you Let go a Lot - you will have a Lot of Peace—  
Ajahn Chah, Buddhist Teacher

Two monks were on a pilgrimage. Early One morning, they came to a deep river. At the edge of the river, a young woman sat weeping because she was afraid to cross the river without help. She begged the two monks to help her. The younger monk turned his back. The members of their order were forbidden to touch a woman.

But the older monk picked up the woman without a word and carried her across the river. He put her down on the far side and continued his journey. The younger monk came after him - scolding him and berating him for breaking his vows. He went on and on for a long time

Finally at the end of the day the older monk turned to the younger one and said "I only carried her across the river - You have been carrying her all day"



Letting go can be difficult - Letting go of people- ideas - expectations - desires - letting go of bad habits - false beliefs and unhealthy relationships - the list goes on.....

Every day every moment presents an opportunity to create ourselves anew - to shrug off the baggage of the past - open ourselves up to the possibility of the moment and to take action to create an incredible future.....

5 Ways to Let Go of Past aspects that do not serve us in the Here and Now

- 1) Make the decision to let it go - Things do not disappear on their own
- 2) Express your pain
- 3) Stop being the victim and blaming others
- 4) Focus on the present - the here and now with Joy
- 5) Forgive others and yourself



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## POWER OF AFFIRMATIONS - FEEDBACK

- ♥ I would like to share my experience with Health affirmation. I have been saying this religiously giving a nice tune to it. I am allergic to dust I catch cold quite easily, having landed in the hospital trying to Diwali clean the house for wheezing. Recently I helped my parents move to a new residence, it was a smooth process with no problem relating to cold and wheezing. This affirmation has really worked for me. – Anita
- ♥ I have been doing the affirmation consistently in self hypnosis and this affirmation has had a very profound impact on me. I feel a significant shift in my self esteem. I feel so much clarity as to what success means for me in all areas of life. Things are so much smoother now as my subconscious assists me to excel in whatever I do. There is a sense of ease and confidence in all that I do. Thank you... – Darshan
- ♥ On my part...this Affirmation has helped me in dealing with the " what ifs" of my mind...I have been successful in quietening the voice of the critic which used to weaken me whenever I would move forward towards something new....Many thanks Blossom Mam for this Affirmation and all that we have received in this journey – Rich
- ♥ I was still working on the love affirmation. It started having affects, very subtle. Always when I said it, I was stumbling, thinking something deeper underneath I am missing. Reading now your words here, "your relationship with yourself sets the tone for every relationship you have", stroke me like a flash. THIS IT IS. My work I have to do. That made me struggle saying, I am love. Reading this, I feel the power of the words and the energy to work on this. This is the root for everything. Now everything falls in place for me. Thank you so much for making me see, for gifting this awareness. Letting my sub consciousness speak last week, I have painted these little ones, because I love their clarity, confidence, communication and bonding. So obviously I knew already, I was just not aware. In deep respect and gratitude to you., Blossom And to the supporting group here. Love to all of you - Antje



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## POWER OF AFFIRMATIONS - FEEDBACK

- ♥ I know it took me a while to communicate and share my feedback on how the affirmations had an effect on me!! But my experience I am sharing now is definitely worth knowing for everyone who wants a change for better!! Health was an area that needed much focus at a point and I had focused on just the health affirmation for a while! But i felt like i had a block somewhere. Then one fine day as i woke up, i had this gut feeling and i decided to do the other affirmations as well n several things changed n opportunities beautifully unfolded itself to me!! Motivation, confidence, activating the buzz, loving myself, forgiving, acceptance all of it is much needed to be healthy and a lack of it all will leave its impact on the physical body. Though i had learnt this as part of my hypnotherapy course, that one morning realizing it the way i did through what felt like some guided energy made a huge difference. I had a knee injury a few years back and I thought I would not be able to do a few things i used to do earlier with passion like dancing, or even jogging!  
BUT.....Yesterday I completed a marathon of 5 kms n i feel no strain on my knee like i used to even if i stood for a few minutes!! Its Magic!!!! I am glad I waited until the marathon event to post my success story which sure would be a motivation to others! And personally, to me this marathon achievement is just one of the starters from the feast spread to follow!! I am very grateful to all the people for the love and support! And I am very grateful to you Blossom mam!!! Thank you so much and to everyone who taught and will keep teaching me every lil thing I need to learn my lessons and embrace this life experience!! Have a very fine morning and a beautiful day everyone!!  
Love n light - Amutha Kalimuthu!!
- ♥ I was having fever and running nose 2 days back . Instead of the usual tendency to think about my discomfort and tiredness I kept on doing my affirmation related to health frequently and I started feeling better as it looks like the health affirmations were giving healing vibrations. The health affirmations have medicinal effect. It is so wonderful to use such techniques – Ganesan SV
- ♥ Last three days I went to three govt departments for my pending works ,I not only I got success but very good response also ,it was only because of powerful affirmation . thanks mam – Sunil Mathur
- ♥ I am being guided by the universe. There's more clarity of purpose. It's amazing. I affirm success because I'm worthy of it. Thanks to all in this group for the positivity – Pallavi

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## POWER OF AFFIRMATIONS— RELATIONSHIP

A connection  
An association  
An involvement

"Your Relationship with Yourself sets the Tone for every other Relationship you have" says Robert Holden

This is so true - There is a lot of evidence that suggests that the ability to form a stable relationship begins in infancy when the child is able to reliably experience all its needs being met by the Primary Caretaker - food - care - protection - stimulation and just being there

This establishes a Healthy and Loving Foundation of an amazing Relationship with yourself and the associations you form in life as you grow up

"People are Lonely because they Build Walls instead of Bridges" says Joseph F Newton Men

Our early foundation sets the pattern in our relating to others - Failed Relationships as a Child - Teenager - Young Adult with our friends - peers - teachers can sometimes be the cause of great psychological pain



Loving Relationships eases Stress and gives us Energy and Courage to Live an Effective - Productive and Healthy Life

*"It takes a little bit of Mindfulness and a little bit of attention to others to be a good listener which helps cultivate emotional nurturing"* says Deepak Chopra

To nurture Relationships - the cornerstones are effective and honest communication and interaction - working on ourself to release old patterns and being present to the moment at all times

To do this we need to work consciously on a moment to moment basis to Master the skills to Be with ourselves - Sustain and Nurture And Attract Loving - Respectful and Honest Relationships

Affirm from your deepest recesses .....

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## POWER OF AFFIRMATIONS THE LAW OF ATTRACTION

### THEME FOR THE MONTH OF NOV 2017

Each week everyone have the opportunity to choose and decide what they want to attract - the Choices could be

- Good Health
- Love
- Abundance
- Money
- Success
- Prosperity
- Acceptance
- New Relationships
- Vacations
- Relaxation
- Any Other



The Affirmation structure circulated remain the same each week with a blank which they will fill at the start of each week on a Saturday and will AFFIRM this 3 Times a Day - Morning - Evening and one more time during the day so that you reinforce your Affirmation to Yourself and hit the Scientific proven Magic number of 21 Times each week

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## DEMYSTIFYING WORKSHOP - FEEDBACK

Hi Everyone

I completed DEMYSTIFYING .....at Gurgaon and Chennai and would like to share with you how fast and effectively whatever you truly INTEND to happen manifests

### QUOTE

Hi Blossom

I would like to share my experience.. I slept last night by 10 pm - woke up at 1 am hearing my family members arguing about some issue. I went back to bed by 2 am feeling helpless and asked the Universe to help and resolve this situation

I started crying suddenly for almost an hour. Then i played - Make me a Channel of Your peace song and started crying even more intensely for another hour. The lines - It is in Pardon-ing that we are Pardoned - and also the line - So much to be Consoled as to Console -really touched my heart deep.....

I feel it was a Curse lifted - it cud have been made by me

And today it is a New Day - Feel like am done with dealing with the past and time to move forward to this life's purpose -Thank u Blossom for showing me the way forward.....

### UNQUOTE

I will support this person to Balance - Stabilise - Harmonise and TRULY stay in the Present Reflect and See what you can do to Make a Difference - BE THE CHANGE said Mahatma Gandhiji - CAN YOU BE THE

CHANGE....?

Love and Light

Blossom



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## SHARING...

Hi Everyone

My Journey started out early in Life when I was 09 years old and Courage was one of the Resources that set me apart from the others

I now realise how far into the Ocean I have travelled and there is still many more Discoveries to be made about Myself and I Journey on .....

Many of my friends and colleagues are waiting for the right time to set sail:

- \*when I have money
- \*when my husband/wife understands me
- \*when my children are settled
- \*when I have more time
- \*when.....

There may not be time to complete the last 'when'  
There is only NOW .....

Wake up - be in the Now - Take Action - Be Grateful - Work on Yourself

Turn on the Inner Natural Brightness within - Cleaning and Clearing Hurts and Pains - Forgiving and Asking for Forgiveness - Looking at Life from a bright new Perspective - Letting Go of our Ego and accepting Responsibility - taking Ownership of Life and the Purpose for which we chose to come to Earth

Take a Candle burning Bright into a dark room and the darkness turns to LIGHT

You too can be the LIGHT

Turn on the Inner Light - Be the Way Shower - Let us as Awakened - Aware and Enlightened individuals Lead the Way with our Actions and Way of Being in all our RELATIONSHIPS with Ourselves - with our Family and Friends - all Life Forms around

Remember to cultivate the Essence of being LUMINESCENT - glow - produce and emit a soft Light as you Raise your Own Vibrations to Uplift the Collective Consciousness into Higher Unconditional Vibrations at higher dimensions

Let us do it together

Love Light Gratitude  
Blossom Furtado



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## IDENTIFY THIS CRYSTAL



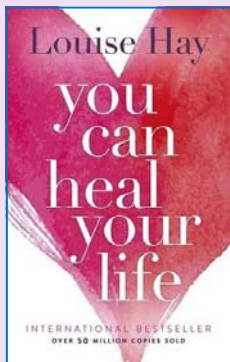
Clue: It is a Tektite

I am Master Owl WISEO.  
I have read & recommend



You can heal  
your life

Author:  
Louise Hay



### ASK BLOSSOM

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



1185

## CRYSTAL POWER - SELENITE—DESERT ROSE

Aka Gypsum Rose

Creativity

Calming effects

Self Confidence



### MIND VITAMINS

#### Say

I Love & Accept Myself

#### Instead of

I don't like myself



### Affirmation for Abundance

I am Prosperous, Abundant & Blessed

## INTRODUCING

**HYPNO YOGA**  
A MIND BODY EXPERIENCE YOU WILL NEVER FORGET

- SLOW PACED, RESTORATIVE YOGA POSTURES THAT LEAD TO A RECOVERATIVE EXPERIENCE.
- FEEL CLARITY AND CALMNESS THROUGHOUT YOUR BODY AND MIND.
- TRUE UNDERSTANDING OF WHAT ARE THE BLOCKS THAT HOLD YOU BACK IN YOUR BODY.
- GREAT FOR BEGINNERS - THINK YOUR BODY TYPE IS NOT SUITED FOR YOGA? THINK AGAIN.
- EASILY IMPLEMENTABLE TECHNIQUES TO USE ON DAILY BASIS.

**HYPNO YOGA**

**UNDERSTAND HOW YOUR MIND WORKS AND HOW IT IMPACTS YOUR BODY**

**WHO SHOULD ATTEND**  
FOR BEGINNERS AND ADVANCED YOGA PRACTITIONERS OF ALL BODY TYPES FOR YOGA INSTRUCTORS AND THERAPISTS TO UNDERSTAND HOW TO BRING A FULL BODY-MIND EXPERIENCE TO YOUR STUDENTS AND CLIENTS.

Answer: Identify this Crystal - Moldavite

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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  
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India

### Centres & Associates

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www.aikya.theone.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



**Christiane  
Northrup**

04 October 1949

Obstetrician

*Your beliefs and thoughts  
are wired into your  
biology.*

*They become your cells,  
tissues, and organs.  
There's no supplement,  
no diet, no medicine, and  
no exercise regimen  
that can compare with the  
power of your thoughts  
and beliefs.*

*That's the very first place  
you need to look when  
anything goes wrong with  
your body*

Author

*Goddesses Never Age: The  
Secret Prescription for  
Radiance, Vitality, and  
Well-Being*



**Bruce Harold  
Lipton**

21 October 1944

American Biologist

*We are not victims of  
our genes, but masters  
of our fates, able to  
create lives overflow-  
ing with peace, happi-  
ness, and love*

Author

*The Biology of Belief –  
Unleashing the Power  
of Consciousness,  
Matter & Miracles*



**Michael Newton**

9 December 1931

Counselling  
Psychologist,  
Master Hypnotherapist

*Souls are an expression  
of beauty, imagination  
and creativity. The  
ancient Egyptians said  
that to begin to under-  
stand the soul, one  
must listen to the heart.  
I think they were right.*

Standard.

Author  
*Destiny of Souls*



**Dale Carnegie**

24 November 1888

Writer and Lecturer

*Most of the important  
things in the world  
have been  
accomplished by  
people who have kept  
on trying when  
there seemed to be  
no hope at all*

Author  
*How to Win Friends  
and Influence People*

**Wishing you  
A Merry Christmas and  
A Happy New Year 2018**

## 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