



The Mind Power

...HSI Initiative

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EXPLORE, DISCOVER & TRANSFORM YOURSELF

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Transpersonal Regression Therapist

Explore, discover and transform your limited beliefs is a choice that is open to every human being on the planet today. There was always a choice. There is always a choice. However living from the most basic "tribal and mass consciousness" with domination from various segments of society, we are compelled to accept "destiny" as it is presented to us by our ancestors and parents initially and then later on by our peers and teachers. When we seek help and guidance at a psychological level, we are labeled and medicated and carry this download for the rest of our life. What do we do?

Is there a remedy?	Can we change our destiny?	Do we need to accept the labels for the rest of our lives?	Do we need to be medicated for the rest of our lives?	Can we change our behavior?
Can we change our behavior at a conscious level?	Will this new behavior changed consciously last?	Can we change our behavior at a subconscious level?	Will this new behavior changed subconsciously last?	Can we live effective and productive lives again?

Code guide	
Y	- Yes
N	- No
M	- Maybe
IDK	- I Don't Know

The above are some of the questions many of us have. The answer for each one of us is different and what we call "as is". **YOU ARE THE ANSWER** to all the above questions - somewhere deep within your "Mind" lie the true answers to all the above questions - there is no "right" answer or "wrong" answer. There is only an answer "as is" for you. If the answer you get makes you comfortable and you feel good, then there is nothing you need to do. If however the answer that you get does not make you comfortable and there is an ill feeling, then you have a choice to do something about it.

What do you do? Seek out a professionally trained therapist who works at the subconscious level - they are called Hypnotherapists - they work with the subtle body called the "Mind". They will be able to assist and guide you to change your limiting beliefs and programs, help you throw out and release all the garbage that you have collected from conception to "now" and restore you to "Who" you actually are - "A spiritual being having a human experience"

Science and the body of knowledge of the subtle realms must work together if we are to bring

about a progression to higher levels of consciousness. If we combine the knowledge, we would be able to allow the Autonomic Nervous System of our Physical body which has two branches - the *sympathetic* and the *parasympathetic branches* to function in balance and harmony. The *sympathetic branch* activates the glands and organs that defend the body against attack. It is *catabolic*, which means it tears down the body. The *parasympathetic branch* is concerned with nourishing, healing and regeneration of the body. It is *anabolic*, or concerned with rebuilding

the body.

Functioning from the "here and now" and from the "possibility of limitlessness and everything can change" enables the Autonomic Nervous System to function effectively and productively in balance and harmony at all times.

Albert Einstein said: "A man should look for what *is*, and not for what he thinks *should be*"

AFFIRMATION

I am confident and happy at all times.

HYPNOTHERAPY AND ITS APPLICATION, PART – II

Umang Mathur, Dwarka, Delhi

In my last article I explained about hypnotherapy, its connection with human emotions and its application to diminish fear, phobia and anxiety.

Here the following two hypnotherapy's applications are highlighted.

- Trauma
- Allergies

While writing down this article I am concerned for the victims of recent Uttarakhand's disaster. May God help them and their families to overcome the trauma they are going through. This disaster also reminds me of the World war I & II when hypnotherapy was used effectively to deal with trauma.

Trauma

American Psychiatric Association's current

definition of *Posttraumatic stress disorder (PTSD)*, introduced in 1994, states that a person must have experienced or witnessed an event or events that involved actual or threatened death or serious injury, or a threat to the physical integrity of self or others, and which *involved fear, helplessness, or horror*.

Going by the history of hypnotherapy and all accessible information on the internet which states that after world war-II when the world was in the grip of trauma, a full time program of Hypnotherapy was developed in an Army hospital to combat with PTSD. The results were amazing and people started recovering much faster.

In the case of trauma if a person is not able to cope up even after months then hypnotherapy can be useful tool to deal the trauma.

Allergies

Hypersensitive disorder of the Immune system is considered a major cause of Allergies. In case of allergies a person's immune system reacts to harmless substances.

Allergies are the reason of totally illogical reaction of an everyday substance. A substance which is unknown to the conscious mind *but very well recognized by the subconscious mind*.

Hence as soon as the human body comes in contact with the allergen (allergic substance) the subconscious mind reacts and sends a

signal to the brain which further upsets the immune system which triggers an allergy.

Through allergy the subconscious mind seeks a person's attention and wishes to give some message.

- What secret message is hidden inside your subconscious mind?
- What is the reason the subconscious mind reacts against a harmless substance?

A Hypnotherapist can help to unlock these mysterious puzzles which eventually make hypnotherapy an effective tool to deal with allergies.

Keep reading this space as I will bring more applications in next issue.

Suggested Reading – HOLISTIC LIVING: LIBERATING AND INTEGRATING THE TOTAL PERSONALITY REVIEW IN THE LIFE POSITIVE ISSUE OF JULY 2013

By Blossom Furtado, Ritana Books - Rs.295, 194

When Walt Whitman wrote, "I am large, I contain multitudes", he was probably imagining the many layers of our subconscious that work like wheels within wheels, sometimes reaching back through time across many lives. Blossom Furtado, the writer of this book, would entirely agree.

She is a trainer, teacher, coach and therapist with more than 25 years of experience in the study of the mind and the metaphysical world. As a specialist in the area of regression and transpersonal work and in accessing the subconscious, she is on a

mission to nurture "a healer in every family". Her goal is to get you to realize experientially that everything that you need is already available deep inside you – waiting to be uncovered under proper guidance.

Presented in 59 short chapters across five sections, *Holistic Living* compiles the evidence for this belief not merely from theories, but in vivid anecdotes and dialogues drawn from the author's own experiences in therapy sessions. **Here she shows us – through a variety of real-life cases drawn from her files – that**

tapping into one's past using modality like hypnotherapy and regression offers real solace to many of life's mysterious ailments and afflictions that some of us go through These are like spools of yarn going back into the past, including prior lifetimes – an intricate concealed web of karmic processes.

Furtado has dedicated her life to unraveling – or bringing to closure – these hidden webs for her clients – and going by the variety of cases, the many cures that she has brought about offer testimony to the curative

aspects of "completing" suspended past experiences by working through them or by simply coming to terms with their far-reaching impact in the present.

For those seeking to find a way to resolve mysterious or inexplicable states of distress or baffling physical illnesses, there may be a clue to an alternative way in these case studies. If you are just curious about phenomena like past-life influence or the subconscious, this book offers many intriguing glimpses and would probably stimulate you to explore further.

CONVERSATION WITH HYPNOTHERAIST – PAYEL CHETRI

Birthday and Sun sign?

4th April - Aries.

Qualification?

M.A, Diploma in disaster management.

Hobbies?

Singing and travelling.

Favorite Leisure

Activity?

Reading.

Favorite Book?

- The secret and
- Ask and its given.

Favorite Movie?

- Scent of a women and
- Jab we met.

Favorite Song?

- Someone like you (Adele),

- Yeh tumhari meri baatein (Rock on).

Favorite Sports?

Football.

When did you first visit your favorite holiday place?

Shimla. My first visit was in 1998.

Role model?

My Mom.

Happiest moment of life?

So Many but special one was our first family holiday.

Where and how did you meet your spouse for the first time?

(Childhood friends) met through a social networking

site (after 13 years..).

Which dance form would you like to learn if you were given an opportunity?

Contemporary .

What is success for you?

Success for me is the happiness, contentment you get by doing what you want to do.

What motivated you to become a Hypnotherapist?

To understand self - and heal.

A message for the community

Live life to the fullest.

HSI HEADLINES

Holistic Living- Touches New Heights

HOLISTIC LIVING now marketed and distributed by THE TIMES OF INDIA.

Copies available throughout India and subcontinent

HSI Therapists In North East Of India

In addition to therapists located at Guwahati, HSI will have 3 Clinical Hypnotherapists in Shillong

HSI Marathon Training

HSI Bangalore will conduct its second marathon training of Levels I, II, III and IV from 19th Aug to 1st Sep 2013

HSI Awareness Talks

HSI Delhi conducted amazing Awareness Talks for Teachers at some of the top schools in the NCR region. The effort continues with talks at further schools for Teachers, Parents and Students

HSI Discover Yourself Workshop

HSI Delhi has had a very good response to this 4 hour workshop for lay people and the next Workshop is on 28th July 2013 at Dwarka centre

HSI Onward Journey

HSI will be travelling to the Nilgiri Hills or Blue Mountains as they call it to conduct our trainings in September 2013

HSI Therapist Meeting

The next Therapist Meetings are as follows:
Chennai 21st July 2013
Delhi 31st July 2013
Bangalore 31st Aug 2013
Guwahati 4th Aug 2013
Shillong 9th August 2013

HEALING OF SKIN ALLERGY AND BLEMISHES

Vipin Chopra, Clinical hypnotherapist (CHt), Dwarka, Delhi

A young woman came with an issue of skin allergy and formation of blemishes all over the body. Since eight years she had been suffering from it. The client was very skeptical whether hypnotherapy could solve this issue. Nevertheless, she decided to try this modality since she had tried a lot of things in the past but the skin issue was persistent.

During the therapy, the client regressed back to a past life where she was a poor woman living in a small hut with her two year old child. She further sees that on the order of the king, a troop of soldiers came to her hut and set it on fire. The client saw herself as a helpless lady trying to fight back with soldiers and save her bit but was unsuccessful and died in the fire.

To her surprise, the client noticed that there appeared red blemishes on the skin of the lady (the client in that past life) due to the fire similar to her body in the current life. This brought an understanding to the client of the situation and uncovered the real cause of her skin and allergy which were coming from being burnt in the fire in a previous lifetime. With this new awareness and other therapy tools the client healed her blemishes.

Also, client was not comfortable that she was not able to take care of her child in that time. She had a conversation with the child in that lifetime and said whatever she needed to and expressed her feelings about it completely. After the

session, the client shared that she has been reluctant to have a child with constant thought in her mind that she may not be able to take care of her child. She now understood where the feeling was coming from.

After 10 days, the client shared that her marks have noticeably reduced already and she is also happily planning for a child.

This is a beautiful example of how sometimes our current issues deep rooted back in time (even crossing the boundary of this lifetime), reiterate the fact that our subconscious mind stores all the information about us of this life as well from previous lifetimes. Because of this capability of the mind, this client was able to access that memory and heal it to live effectively and productively in the present.

HYPNOTHERAPIST ON THE HEALING COUCH – PALLAVI SRIVASTAVA

For the last three years my relationship with a guy was not less than a rollercoaster ride. Although in deep love with each other our relationship had a disturbing pattern. The guy kept disappearing for days, weeks and months and then resurfaced again. This behavior was hurting me and him and we felt helpless. We were unable to be together and be happy so we chose to part ways

Yet, were not able to stay away from each other which led to frustration as we were not happy together yet we were not able to part ways. I wanted clarity on what I really want so I decided to use hypnotherapy. I regressed

back to a past life where I was married to the same man and he went away to travel, lost his way and died. Without knowing about his death I kept waiting for him wondering what could have happened to him. I died in pain and agony. As he died, his last thoughts were worry about me and how hurt I would be.

After this, I saw three more past lives with the same guy, where we were in love and he kept drifting away from me for no reason. It made me more perplexed until I moved to a life between life period where I saw that having belonged to the

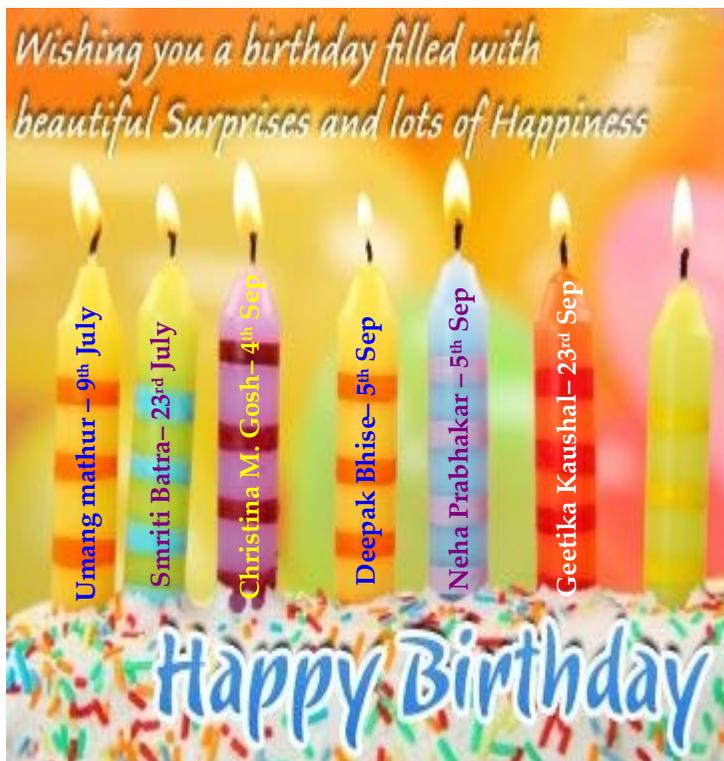
same soul group we always wanted to stay with each other only and that was hampering our learning. So, we chose to meet and still not be together. Having belonged to the same soul group we always wanted to stay with each other. This is a lesson we need to learn which defines the character of a soul "A soul is always whole and compete in itself".

This session made me realize how many lives we wasted just to learn one lesson which brought confusion and pain in our lives. This new understanding of our existence as an individual soul and its completeness

changed everything between us. I suddenly felt free and no longer I feel the compulsion to be with him. I am able to complete that relationship with him and part ways. I am also able to feel attracted to other guys which seemed impossible in the last three and a half years. There is also a change in how he feels about this whole situation.

I am so happy I am able to free myself.

Affirmation
I am whole,
complete and
perfect at all times.



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Ethical Code:

Help heal people so that they can run their own lives effectively and productively and remain calm peaceful &

Happy

Special thanks to HSI Editorial team

Blossom Furtado, Umang Mathur, Payel Chetri, Pallavi Srivastava, Kartikey Chamoli, Anjali S. Suri and Smriti Batra