



THE MIND POWER...HSI Initiative

HSI Editorial Team: Umang Mathur, Aabhini Singh and Pallavi Srivastava

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

Welcome to a new Dawn Blossom Furtado

2013 has dawned and with it clarity, determination, focus, courage and conviction for a Safe and Peaceful World. Millions of life forms across the Globe have woken up to a New Era - a new frequency - a new vibration of Unconditional Love. There is communication - there is love and above all there is compassion and empathy in the voices that you hear - Love, Compassion and Empathy for each other and the World we live in. Awareness of what is happening - Acceptance that we have created all that is and Action to now re-create a new Perception.

The times just gone by had many challenges. We can choose to get affected by the turmoil of lower vibrations or choose to shift our Perception to the new frequency and create and stay focused on this new Intention. If we do this we can create anything and everything.

We are Multidimensional Beings and can create all we want if only we can stay focused and consistent

in our thoughts and not be swayed by greed, lethargy and giving up. If we are able to stay in balance and harmony with ourselves, we will be able to access our innate ability to live as our Higher God Self concurrently with our Human Self.

We are so used to being our Human Self - we have forgotten that "We are Spiritual Beings who have chosen to have a Human Experience" - and in lifetimes after lifetimes operating from this frequency, we have got into the habit of blaming our External Resources for everything that is happening in our lives.

It is time to take "responsibility" that we have created everything that is around us and with a conscious consistent shift in our Perception and in our thinking, transform the Consciousness of the World around us to that of a Safe, Peaceful and Loving environment for us and many generations to come.

Love Light Joy Happiness Responsibility and Fun in all we do

Affirmation

*I unconditionally love
and accept myself*

Hypnotherapist on the healing couch

Aabhini Singh, Hypnotherapist

I always feared darkness, it wasn't something that I could ignore or look through. The days I was home alone and there was an electricity failure, I would freak out, until I spoke about my problem with a therapist and was ready to heal myself. I got to know, This was something that I was carrying from my childhood. As a little girl, while coming back from a place in the car, and not sitting at one place, being fidgety, my parents would stop the car at a place which was dark and had huge trees and say, 'we will leave you here, if you do not listen to us'. That used to scare me to death!

In therapy, I saw the same place, where my parents

took me every time and I saw a poor lady, who lost her child in an accident there. Her child was crushed under a stone in that darkness and she feared it all the time. I was carrying her fragment with me for about 20 years now. It was her fear that made me get scared in the dark.

It was shocking to know, how tiny things can leave deep scars on kids because we do not know, as a layman, what would get attracted to us and how.

Today, I'm super confident even if I'm home alone with no electricity! Or any dark place for that matter. I believe in myself and I take charge of the situation.

Conversation with a Hypnotherapist – Vipin Chopra

Your birthday and Sun sign

Capricorn – 3rd Jan

Your Education qualification

Graduate

Your favourite pass time and hobbies

Reading – being with myself. Hobbies are traveling, Gardening, (bonsai) cooking, listening and observing people

Your favorite book

The Law of the Spirit World

Your favorite Movie and Song

“3 idiots” and “I believe I can fly”

Your favorite Sports

Cricket

Affirmation

*I am balanced,
peaceful and
healthy all the
time.*

Your favorite holiday place

Goa

Your happiest moment of life

Lots & lots

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

Hip-hop

What is success according to you

Illusion

What motivated you to become a Hypnotherapist

The ability to listen to people unconditionally

A message for world

Be Guided

Your body is a shadow of your Mind Blossom Furtado

Today there is a lot of evidence that indicates that the mind and body are closely linked. What the mind thinks and feels, the body creates for you.

How many of us think that “work” is a burden and we “have” to do it? If you are one of them, then look at which part of your body got affected first. Is it the neck and shoulders? Each part of our body plays a significant role in our daily life. The neck and shoulders job profile is to handle responsibility. Let us look at this part of the body in a little more detail.

The neck and shoulders, from a physical level, project your true personality. So take this quiz to find out your personality.

- Are you walking happily and joyfully?
- Is your head held high?
- Are your shoulders back?
- Is your back upright?
- Are you walking with stress and tension?
- Is your head lowered?
- Are your shoulders drooping?
- Is your back bent?

If you have answered “yes” to the first four questions and “no” to the last four questions, you shoulder your responsibilities with joy – a joyful personality. If you have answered “no” to the first four questions and “yes” to the last four questions, you shoulder your responsibilities as a burden – a discontented personality.

If you have mixed answers, some “yes” answers and some “no” answers – a confused personality.

If you fall into the latter two personalities, you need to do some reflection and put your body back in the right perspective.

From a physical level, any pain and discomfort in the neck and shoulders can be a result of injuries or poor posture.

From an emotional or mental level, this can be the result of how you look at life. Do you look at life as a burden? Is it a routine that you have to follow? Are there expectations from others that you have to meet? Are there goals and targets that you have to achieve? Are you unhappy with your boss? Are you unhappy with your colleagues? Are you burdened with responsibility? Do you have to do a lot of things or else....? Do you experience or feel trapped with no freedom? Do you have to follow directives or instructions? The answers to all these questions will lead you to realize that at every moment in our life we have a choice – a choice to accept joyfully or reject joyfully. Most of the time we make a “compromise” as our belief system stored in our mind is that “we have to do it” or else..... Take a look at your belief systems stored and reframe them to accepting or rejecting them joyfully. And then look at your body posture and see how it reflects what is in your Mind.

Foot Eczema – Skin Problem Anjali S. Suri and Smriti Batra, Hypnotherapists

Eczema in today's medical science is known for persistent skin problem. It causes the skin to become inflamed or irritated. The body part which is affected by Eczema is almost always itchy. Skin becomes dry and recurring rashes starts appearing.

I had been suffering from the eczema in my left foot since the last 3 years. Because of it, my foot looked really ugly. None of the medications worked for very long as the eczema kept reappearing. Hypnotherapy worked like magic. A couple of sessions later, I am completely free and healed.

Eczemas occur due to exaggerated reactions of the immune system to various adverse factors from the environment, to which they are exposed.

Eczemas are common inflammatory skin diseases, which make up to 80% of all the eczemas localized in other parts of the body. Eczema in their acute form, and after the contact with harmful substances and irritants, eczemas manifest in redness, swelling, itch, appearance of bubbles in the skin, moistening, and skin scaling. If the exposure to harmful factors continues, the eczema becomes chronic after a while

and it is characterized by intense thickening, dryness, scaling and painful skin cracking.

The client came with similar symptoms as mentioned above. She had been suffering from the Eczema on the left foot since the last 3 years. She was on medication for some time with not much success and so decided to try hypnotherapy

During the session the client went back to a lifetime as a man in pre-historic times. The man wore leaves as clothes. He was alone and hunted in the jungles for survival. One day his left foot got stuck in a marshy kind of an area. It also got entangled with the vines in that place. As a result the foot slowly rotted away as there was no medication. The man could see himself tying some leaves at the affected area but they didn't help. The affected area was exactly in the same place where the client had eczema. Therapy was done and there was an understanding of the charge which the client carrying from the past life. The client started seeing a marked change in her foot. Within a month the eczema had completely healed.

Affirmation
I am calm peaceful and relaxed at all times

Suggested Reading – Ghosts Among Us Divya Deswal, HypnoBirther practitioner

James Van Praagh brings together the abstract to the tangible In Ghosts among us. He takes us on a journey to the spirit world. He introduces us to "ghosts" and begins to expand the word from a white sheet figure to an entire universe into itself. His narrative has a distinct physical dimensions to the experience he quotes, may it be interacting with a ghost to bring a message to a loved one or a leaving the body description in a near death experience. It gives a very good broad outline to how we could begin to understand this alternate realm.

The various sections range on a variety of subjects like spirit scouting, haunting, ghosts classification, protection and cleansing make this topic a scientific art, much more believable and understandable. His

take on love and prayer would appeal to everyone, no matter how much we are convinced about his take on ghosts. Ghosts Among Us would be a good book of exploration of ourselves through our relational field with the spirit world. Praagh just offers a window to the world he sees and leaves each of us to relate to this experience in any way we choose or even can.

His descriptions are vivid and detailed at no point does the book force its view on us. At the end it leaves us with a question....A question that only we can answer. An open mind is what he says is the key to change, growth and spiritual development.

Mind Vitamins
Say **Instead of**
"I am always on time" "I don't want to be late"

Upcoming Courses

Level Places	I	II	III	IV
Pune	18-19 Feb Blossom Furtado	20-21 Feb Blossom Furtado	22-23 Feb Blossom Furtado	
Hyderabad	25-26 Feb Blossom Furtado	27-28 Feb Blossom Furtado	01-02 Mar Blossom Furtado	
Delhi	2-3 Mar Vipin Chopra	4-6 Mar Blossom Furtado/ Vipin Chopra	7-9 Mar Blossom Furtado/ Vipin Chopra	
Calicut	23-24 Feb & 23/24 Mar Vilma Balachandran			
Bangalore	4-5 Mar Sumedha/ Liza/Divya	6-8 Mar Sumedha/ Liza/ Divya	9-11 Mar Sumedha/ Liza/ Divya	12-17 Mar Blossom Furtado
Chennai	19-20 Mar Blossom Furtado	21-22 Mar Blossom Furtado	23-25 Mar Blossom Furtado	

About crystal workshop

Using Crystals for healing is an alternative healing technique for strengthening the body and resolving issues and patterns. We use various forms of natural crystals.

Crystals come from the EARTH and carry vibrational levels. By placing these vibrational levels within our own Bioenergetic field - your AURA - your aura's vibrational levels also change. Often the effects are indirect, but very potent. Other times, the effects are very direct, effective and productive. Crystals enable you to balance and harmonize yourself and remain calm, peaceful and happy at all times.

The Workshop is Interactive - you will identify your challenges/issues and learn with which Crystals to work with - there will be Demos and Practice with Crystals during the Workshop.

Our Mission

*Making the Earth
a better place to
live for all Life
Forms.*

Special Courses

Description	Place	Dates
Intensive Basic NLP	Bangalore	10-11 Feb Sumedha Bhise
Crystal Workshop	Delhi	14-15 Feb Blossom Furtado
NLP for Health	Bangalore	18-22 Feb Sumedha Bhise
Regression Therapy Level I	Delhi	27-28 Mar Blossom Furtado

Wedding and Birthday wishes

HSI pass on good wishes to Payel for her wedding on 17 Jan 2013 and wishes them a Happy married life, all the wealth and prosperity throughout their life



HSI wishes the following therapist a very Happy Birthday!

3rd Jan - Vipin Chopra
7th Jan - Aabhini Singh
7th Jan - Divya C Rao
5th Feb - Blossom Furtado
7th Feb - Neha Malhotra
26th Mar - Snigdha Sharma



The Hypnotherapy School of India

81 Defence Colony Flyover Market, New Delhi 110024, India

Centres at

Dwarka, Noida, Defence Colony South Delhi, Bangalore, Chennai, Kolkata, Calicut, Guwahati, Pune, Hyderabad, Srilanka, Dharamshala

Phone:

9811047587, 9810095486, 011-24617278

E-Mail:

powerlife@rediffmail.com,
hypnotherapyschool@rediffmail.com,
hypnotherapyschool@gmail.com

Ethical Code:

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

We're on the Web!

Visit us at:

www.hypnotherapyschoolindia.com,

www.aikyatheone.com