

# THE MIND POWER

January - June 2019

AN INITIATIVE OF THE HYPNOTHERAPY SCHOOL OF INDIA

Celebrating 19 Years in the field of Mind Management  
Facilitating People to Transform their Lives.....

*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*

*Hi Everyone*

*We are going through Exciting times and the Affirmation we are currently working with can continue to be our Guiding Light to Fulfillment - Success and Abundance*

*I AM HEALTHY & CLEAR  
I FACE ALL SITUATIONS WITH COURAGE  
DETERMINATION & GRACE  
I EXPLORE NEW DYNAMIC & UNCHARTED  
TERRITORY & SUCCESSFULLY GROW & CREATE  
VALUE FOR MYSELF & OTHERS*

*HSI continues to evolve its Training and Support systems to keep the Fire burning in your Hearts - Homes and Lives to enable you stay Connected to Yourself and Your Goals and reach out and Make a Difference with Passion - Zeal and Dogged Endurance that Albert Einstein talked about and that I truly believe is the Key to a Whole New World.....*

*Love Light & Abundance  
Blossom Furtado*



*Where Healthy Life comes Naturally  
ISO 9001:2015 CERTIFIED*

## OUR VISION

A UNIVERSE OF LOVE  
PEACE AND HAPPINESS  
WHERE EVERY ONE LIVES  
A POWERFUL HOLISTIC LIFE

## OUR MISSION

TO SPREAD AWARENESS AND LET  
PEOPLE KNOW THAT WE ARE MORE THAN  
A PHYSICAL BODY AND CREATE  
A MIND BODY SPIRIT CONNECTION FOR  
SELF EMPOWERMENT AND HEALING

## OUR MOTTO

A HEALER IN EVERY FAMILY  
AN ENLIGHTENED & NURTURING  
INDIVIDUAL IN EVERY FAMILY  
HAPPY & PEACEFUL PEOPLE

## CRYSTAL WORKSHOP

*13 July 2019 - Mohali*

## WELLNESS WORKSHOP

*SOUL MIND BODY  
14 July 2019 - Mohali*

## ABUNDANCE & PROSPERITY WORKSHOP

*28 July 2019 - Chennai*

## DIPLOMA IN TRANSFORMATIONAL THERAPY I & II

*15,16,17 & 18 July 2019 - Gurgaon*

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## WHO AM I

*Someone this morning asked me who I am - I put this down.....*

*I am an Immortal Spiritual Being having a Temporary Human Experience*



*We sometimes are not aware of the Bigger Picture and Who we actually are - We as Children are aware of Our Real Identity and yet as We grow up into Adults - We get enmeshed and entangled in the Stunted and Limited Beliefs of Humans around us and forget who we are and depend on the External Environment to survive*

*1) Jesus said - Truly I tell you - unless you change and become like little children - you will never enter the Kingdom of God - Matthew 18:3*

*2) God created us in His Own Image and Likeness - Genesis 1:26*

*3) Krishna tells us -Bhagavad Gita - Chapter 18 - Text 66*

*Abandon all varieties of Religion and just Surrender unto me - I shall deliver you from all sinful reactions - Do not Fear*

*4) Sai Baba Teachings - He Who attains the Supreme Goal of Life is Immortal and Happy - All others merely Exist*

*5) Be Strong and Courageous - Do not be afraid or terrified for the Lord Your God goes with You - He will never Leave You nor Forsake You - Deuteronomy 31:6*

*I truly believe in these Beautiful Verses from the Scriptures and Live my Life by this at all times*

*Jesus is my Overall Guide*

*Krishna my Everyday Guide*

*Mother Mary my Nurturer*

*Sai Baba of Shirdi my Mentor*

*Buddha my Teacher*

*Archangel Michael my Protector*

*Archangel Gabriel my Motivator*

*Archangel Raphael my Therapist*

*Parmahansa Yoganandaji my To Go Guide*

*Swami Vivekanandaji my To Ask Guide*

*Rumi - my Inspiration Guide*

*Ganesh - my Best Friend*

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## WHO AM I

*We are ALL ONE and we can connect to that All Pervading SOURCE on our Own without Human Intervention which is Man Made*

*I believe in the POWER OF PRAYER - Talking to Source/God - and the POWER OF MEDITATION/SITTING IN SILENCE Listening to my Above Special Guides as they Guide and advice me how to Navigate through Life*

*I am connected to the ALL - I AM THAT I AM and I know that I am here on Planet Earth to Learn and Evolve and I always remember with HUMILITY that - I Know that I Know - that I Know - that I Know - that I don't Know and with this AWARENESS - I ACCEPT my Humanness that I can make mistakes and take ACTION to ASK for help from these Great Beings at all times and correct myself as I journey through Life.....*

*I and like me many many more Realized Souls follow the same Principles as all others - the only difference is that We have a HOTLINE/DIRECT Access to the Source and they still depend on going through a Middleman which can be filtered and doctored*

*You always have a Choice as a Human - Connect directly or a Via - You can choose - Choose Wisely.....*

*I connect directly to Source and am Healthy - Happy - Love - Peace - Relaxed - Safe - Secure - Wise - Wealthy and One with Creation and all of the Universe at all Times.....*

*Love Light & Gratitude*

*Blossom Furtado*

*The very center of your heart  
is where life begins  
the most beautiful place on earth*

*Rumi*



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## TRANSFORMATIONAL EXPERIENCES FROM STUDENTS AND THERAPISTS

My Sharing...

Affirmed with intent and belief...

Affirming regularly is the small steps I have taken to remain motivated, organized and in charge always....I have lot many savings in my energy bank and utilize those affirming words as and when required... I was attending an interview ... I was oozing with self confident till I met one of my senior as one of the candidates... My confidence level lowered as I know her abilities... I sat down calmly and drew energy from affirming "I believe in myself I have faith in my abilities.. I embrace challenges and overcome them successfully"...I walked in confidentially ... Believe me ... I got the job.... ..

I was intending for that...Thank you my universe and my HSI family..

*Agnes*

Good Morning Blossom Ma'm. The last webinar has been a turning point for me ..... I am aware of so many tiny magical shifts in my life. I trust and value my judgement more. I am able to speak my mind in a beneficial way, but most of all, i notice changes in my patterns for procrastination. I am actually doing things important to me and on time. I am cooking, eating healthy, reading up, exercising. Its not up there however its a start in breaking a pattern that hadn't budged in years..... Im afraid to say anything bcos i usually go through spurts of change and then am back to square one.... But this time , I feel different, I am not sure why....my heart tells me the change is here to stay and grow day on day.....i am immensely grateful to you for not giving up on me.

*Jaya*

Good morning everyone :)

I would like to share my today's morning experience.. I reached Kashmere Gate at around 5 am. I was traveling with a friend.. Early morning many auto men were approaching us if we need an auto...

My friend snapped at one auto driver and was extremely rude to him. At that very moment my tongue automatically rolled up and I didn't get effected by the situation. That moment I realized that I have been using the techniques intentionally for so many times that when the incident happened it was a reflex and I didn't even have to think about as to what is to be done. It was easily taken care of.. To be honest it was like a proud moment for me. Thank you Blossom for sharing your knowledge and experience with us..

It makes a huge difference, it did to me

*Divya Arora*

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## TRANSFORMATIONAL EXPERIENCES FROM STUDENTS AND THERAPISTS

Dear Mam,

I did not realize how important would the webinar be until I went through the whole process. During the webinar I noticed that i could actually talk to my body. It responded by showing aches and pains in those areas, which I thought did not bother me earlier. When I spoke to those parts I received guidance as to why they are behaving that way. It was a beautiful experience. Thankyou so much for the most wonderful experience. God bless you. Thankyou so much Rachit for organizing everything so well.

Thanks and regards

*Rina Gupta*

Good evening everyone. I want to share something with you all! Last year I worked extensively on my relationship with dad- he was against my decision of choosing hypnotherapy and there was marked tension between us. We wouldn't even sit around each other because any conversation would lead to a fight. He would avoid talking about my work in front of all our relatives because he thought that his self esteem would go down.

Then I realized that I have self worth and ego issues because of which I am attracting all of this. Also, no matter how he spoke to me I decided to respond differently- coming from a space of gratitude and unconditional love- because since childhood he has done a lot for me.

So this is what happened:

He had a bleeding wart on his finger for 6 months and the doctor recommended him to get surgery done or the finger bone would be damaged for life. That is when he decided to come to me for therapy. After one cognitive session, the size of the wart decreased by 25% and he attributed it to Apple Cider Vinegar!! I was hurt. I have to admit and i shared it with mam in the level 3 review also that happened in December. But Rachit advised me to focus on the intent of the session. I accepted his advice because I knew what he was saying was the truth. So i felt good about my work and had faith in myself and the Universe. Also I did not ask dad to take another session because he thought ACV would cure it. However, the Universe had something else in mind. His wart grew bigger by 50% in the next 5 days and he tried all herbal remedies but to no avail. Then he came to me and apologized. He had a realization. He valued me and my work.

In 2 cognitive sessions his wart completely vanished. In 18 days! He was an amazing client!! He gave full credit to me and shared it with all our relatives, saying how proud he was of me. All my relatives now want sessions from me. Thank you mam. I do not think I can ever thank you, Pallavi, Shikha and Rachit enough.

*Manisha*