

MANIFEST A HEALTHY BODY A REFLECTIVE MIND & A HOLISTIC LIFE

BLOSSOM FURTADO

It happened a long time ago – I cannot remember how old I must have been – maybe 3 or 4 years – we were visiting my maternal grandparents home and so was my mothers eldest sister and her family. There was a party at home one evening and my Aunt and Uncle with my Mom and Dad walked the long pathway to the gate to see off some friends. My cousin brother and I decided to accompany them – it was late in the night. We walked side by side with our parents to see them off – however on our return to the house both of decided to race back to see who would reach first – our parents were busy chatting with each other and did not give us the usual “do not do that” instruction.

So along the path we ran – both side by side until I took off a little

such experiences in life as I grew up and decided that one day I would find “Answers” to these experiences that others could not understand.

My journey through life got me in touch with a number of Living Masters and I find “Answers” when I look within - Bruce H Lipton’s “Your perspective is always limited by how much you know - Expand your knowledge and you will transform your mind” just fits in wonderfully.

When you transform your MIND you will be able to transform your BODY as well – Bruce Lipton goes on to say “A cell’s life is controlled by the physical and energetic environment and not by its genes. Genes are simply molecular blueprints used in the construction of

**YOUR PERSPECTIVE IS ALWAYS LIMITED BY HOW MUCH YOU KNOW
EXPAND YOUR KNOWLEDGE AND YOU WILL TRANSFORM YOUR MIND
BRUCE H LIPTON - Author BIOLOGY OF BELIEF**

faster and was ahead of him – suddenly from behind a tree on the pathway – a Being stepped forward – clothed in black – red eyes – arms open wide – and walked towards me – I was scared and yet could not scream – no sound came out from my throat – it was as if time had stopped and here I was in another dimension with an unknown being terrified and still – and then in that same moment there stepped in another Being – clothed in Light – clear smiling eyes – arms open wide – and stepped in between the other Being and myself – all fear vanished – I felt calm and peaceful and slipped to the ground.

When I woke up I was in bed at home with my whole family hovering around me wondering what had happened – I tried explaining to them what happened just a little while ago – however they did not listen and went about doing their own bit to make me comfortable at the physical level.

This was the first time I realized that there was more to life than what we as “Humans” experienced it and yet there was no one who would listen or explain to me what happened that night. I became reflective and quiet and kept a lot to myself – I have had many more

cells, tissues and organs. The environment serves as a CONTRACTOR who reads and engages those genetic blueprints and is ultimately responsible for the character of a cell’s life. It is a single cell’s ‘awareness’ of the environment, not its genes, that sets into motion the MECHANISMS OF LIFE

Not everything that is written and explored by others is true – find the confidence and courage to explore life from your own perspective and find answers to all your queries – your clarifications – your doubts – YOU ARE THE ANSWER – RECONNECT TO YOUR INNER RESOURCES and manifest a Healthy Body a Reflective Mind and a Holistic Life

Always remember that you are an IMMORTAL Spiritual Being having a TEMPORARY Human Experience and let that Human Experience be Nurturing – Enlightening Effective & Productive

2015 - A YEAR OF MANIFESTATION WITH LOVE & ACTION

Blossom Furtado

2015 is The Year of Manifestation with Love and Action - We are ready and supported by the Universe and the Environment to move into our power as Creators - designing our life free from the limitations of the collective consciousness and our own past. The Energy frequency is so strong for physical manifestation and anything is possible if you function from a space of Love and Action or Effort – you have the power to CREATE for yourself - so go ahead and create a Life of Health Wealth and Happiness for yourself and every form in the Universe.

If all of us as a team – together express Divine Love through our thoughts – words – deeds – feelings and actions – we will be able to transform the Collective consciousness. Love – Respect – Honor - Oneness and Reverence for ALL in the Universe will be the new Frequency on Planet Earth

A very Happy Prosperous and Fun filled days ahead Manifesting with Love Effort and Action a New World for ourselves and all forms in the Universe

Love Light Abundance Action and Good Health - Give wings to your Dreams and Awaken the Genius within YOU

MY EXPERIENCE AT THE 'LIFE BETWEEN LIVES WORKSHOP'**Dr Sachin Gupta**

MD - Medicine, DNB - Medical Oncology

I came for the LBL workshop with lots of hopes which were amply fulfilled. In my journey of self realization, this LBL workshop proved to be a major landmark. After few initial blocks which were meticulously cleared, I travelled into the metaphysical realm.

The charm of meeting my spirit guide who is also my Guru 'Sri Paramhansa Yogananda' in this life was beyond description. When I asked him "Are you my spirit guide?" a prompt reply came "As if you don't know." Such was the friendliness and simplicity in his words. Meeting family members one by one was truly an enlightening experience. Words of unconditional love flowing out of them helped me understand my relationships in a way I had never imagined them. I realized for the first time that fathers also have unconditional

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My questions regarding my life purpose and why I chose to be a cancer specialist were very inspiring and enlightening. The ultimate purpose of life is self realization and to be that 'Unconditional Love'. In a soul's journey everything else such as side time for daily morning and evening guidance (meditation). This guidance does not happen only one time. It should be daily introspection and planning.

I was always inclined to be a cancer physician. When I asked why I chose this difficult profession, I was told that seeing the suffering of my patients will help me empathize and be on a spiritual path and I will be constantly reminded of my goal of self realization. But I feel it is so difficult to play this role. After uttering these words I cried like I have never cried before. I also told him that working with love and empathy is difficult. I told him that other doctors who work without empathy are better. I told him that by working with love and empathy, patients are expecting too much from me. It's not possible for me to handle.

This is what was communicated between us:

My Guide's response: Do not get attached to results and continue being loving and empathetic. That's what you are here to learn. And you are learning fast.

Me: Oh I could have planned it slower! Why is there so much cancer now?

Guide: Lack of love, lack of forgiveness, accumulation of hurt, wearing a mask, lack of knowledge, still they don't learn and keep on suffering, they are destroying their environment, pumping chemicals into their soil, polluting everything. Because of wrong feelings, hatred, they will continue to suffer till the time "What they want for themselves- they should want for others".

Me: It is such a vast world. What can I do? Will my efforts make a difference?

Guide: Write your experiences so the world knows.

Me: If you inspire me.

Guide: I am always there.

Me: Do I have other healing abilities?

Guide: Don't expect physical miracles. It's not going to happen like that. Until and

unless each soul does it of its own it will not happen. It's their free will and you cannot interfere. You just cannot cure everybody by a magic wand. Ultimate cure should come from them - Only that will help them. Temporary magical cure will not help anybody.

Me: But this process of suffering is bad. There is too much of suffering on this planet. What is the need for this process of suffering?

Guide: There is no need of suffering. It's all self created. Mankind has created this by making wrong choices and misusing their free will. Once they do away with this - all suffering will end. But they choose to be this way. Everybody is guided and has a source of inspiration from somewhere, but they miss those inspirations and waste their time in gossiping, drinking, partying, instead of devoting their time to betterment.

Me: How can I help to lessen this suffering?

Guide: You are already doing it by your work. But you can expand to a larger scale by writing your experiences.

This is how I navigated through this transforming journey of a Life Between Lives. I Hope our readers will find this dialogue helpful in their own spiritual pursuits.

IN THE GARDEN OF ABUNDANCE*Insights from my LBL Session***SHREYANKA BASU**

The word abundance has many synonyms such as ample, bountiful, generous, full of, filled with etc. All of this implies an idea of MORE. While this is indeed true I got a different insight into the idea of abundance in my LBL session.

This moment of this insight was very profound. It had me sitting in the midst of a garden here initially no one was there. The scene was something like that looked like the image mentioned as Figure 1. And slowly after a few moments of solitude and reflection I saw my two young children appear in this landscape. This image was like the one shown in Figure 2.

And as I sat there this was the message I received and the subsequent understanding that came upon me.

Whatever you sow you will reap: A garden doesn't come up like that. It is the result of the love and effort that a gardener puts in day in and day out. The same is true of our lives. Whatever we sow we reap. If we sow the seeds of love and understanding we are in turn enriched with the fruits of the same. Similarly if we sow negative emotions, that too grows over time and eats away our inner sense of peace and contentment. More importantly each day and each moment we have a choice about deciding what we want to sow. So what you sow today is what you will reap in the future

Everything in life starts from a small cell: Sometimes we are afraid to make a start because we compare ourselves with others. These others could be successful people, big companies, people who are at the zenith of their journeys. But in the process we forget an important fact that everything in life starts small. The child starts from a sperm, the tree from a seed, the big company from an idea, and the successful businessman from a moment of confidence and courage. Thus all we have to do is to find the confidence and courage within us to take the first step. The rest will follow. And if we remember that on a daily basis we will never let self-doubt get the better of us. And that I can always start small and grow into the vision that I have inside my head - for myself and the world around me. So what small start are you going to make today?

We all have two stories unfolding at any moment in our lives:

First is the story of our being who we are at this moment in time and the second is the story of how we are unfolding and what we are becoming in the next moment. Too often we let our being narrative dominate our becoming narratives and thus do not celebrate small moments of joy, the interim milestones to a big victory etc. But in the process we also risk invalidating our own growth and personal journeys. By focusing on our becoming narrative we take the eye of the limitation of our current beings and free us of the restrictions of the same. This freedom allows us to become whatever we choose to become. So who are you becoming in the next



Figure 1

Figure 2

HSI ANTHEM OUR SIGNATURE TUNE

Through the Doors
Turn on the Lights
We are on a Mission here this time
We will WALK into the Bustle
and the Bright WORLDLY Lights
Let them all come along
As WE reach out and share
And TOGETHER create a World for all

We'll build a World that is REAL
That EVERYONE can share
All our sorrows we'll leave
far behind us there
And WE know you will find
There'll be PEACE of mind
When we build up this WORLD
TOGETHER with you

We need to know the Truth
We tried this many times
There were hurdles and pain
all the way as we walked
Now there is Courage and YOU
And TOGETHER we can
Come with US as we build up
this WORLD

We'll build a world that is REAL
That EVERYONE can share.
All our sorrows we'll leave
far behind us there
And WE know you will find
There'll be PEACE of mind
When we build up this WORLD
TOGETHER with you

AFFIRMATION

**I LOVE RESPECT AND HONOR
MYSELF ALL THE TIME**

MEDITATION

RELAXATION IN YOUR HEALING SPACE

HSI Initiative

MAKE YOURSELF COMFORTABLE
SIT IN A COMFORTABLE POSITION
EITHER ON A CHAIR OR ON THE FLOOR
PUT YOUR FEET FLAT ON THE FLOOR
CONCENTRATE ON YOUR BREATHING
BECOME AWARE OF YOUR BREATHING
BREATHE IN THROUGH THE NOSE
BREATHE OUT THROUGH YOUR MOUTH
BREATHE DEEPER SAY
RELAX - RELAX - RELAX
GO DEEPER & DEEPER & DEEPER

NOW I WANT YOU TO USE YOUR
WONDERFUL IMAGINATION
IMAGINE YOURSELF STANDING
AT THE TOP OF 20 STEPS
THESE STEPS ARE WIDE WITH BRIGHT
WHITE LIGHT SHINING ON THEM
YOU ARE DEEPLY RELAXED AND
READY TO WALK DOWN
TO YOUR HEALING GARDEN
COUNT YOURSELF DOWN
FROM 20 TO 1 AND YOU WILL
WALK DOWN TO THIS HEALING PLACE
20-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1
YOU ARE NOW AT THE
BOTTOM OF THE STAIRCASE

GET IN TOUCH WITH YOUR LIGHT BODY
IT IS SO LIGHT AS IF THE WHOLE
BODY IS MADE UP OF LIGHT ONLY
AS YOU ARE ENJOYING YOUR
LIGHT BODY TURN AROUND AND
YOU SEE A CORRIDOR
WALK DOWN THIS CORRIDOR
TO THE DOOR
OPEN THE DOOR STEP THE OTHER SIDE

YOU ARE NOW IN A
BEAUTIFUL HEALING SPACE
A SPACE YOUR MIND CREATES
IT KNOWS IT VERY WELL
IT HAS BEEN HERE BEFORE
LOOK AROUND NOTICE WHAT YOU
SEE FEEL SENSE HEAR SMELL
AND UNDERSTAND AND KNOW
THIS IS YOUR SPACE
A SPACE WHERE YOU HAVE |
ALL THE RESOURCES AND TOOLS
TO WORK WITH AND HEAL YOURSELF
SO WALK AROUND IN
THIS HEALING SPACE
ENJOY THE CALM PEACE & BLISS

NOTICE A LARGE
WHITE CRYSTAL PYRAMID
IN THE CENTRE OF YOUR SPACE
COUNT FROM 1 TO 3
YOU WILL FIND THIS PYRAMID 1 - 2 - 3
NOW LOVINGLY WALK INTO
THIS WHITE CRYSTAL PYRAMID
AND SIT IN THE PYRAMID
FEEL THE HEALING RAYS
FROM THIS CRYSTAL PYRAMID
RELAXING EVERY PART OF YOUR BODY
DRAW IN THESE BEAUTIFUL
RELAXING HEALING RAYS
DIRECT THEM TO ALL
PARTS OF YOUR BODY
RELAX YOUR TOES FEET
ANKLES CALVES KNEES
THIGHS HIPS ABDOMEN
CHEST THROAT
RELAX YOUR SHOULDERS
ARMS HANDS UPPER BACK
MIDDLE BACK LOWER BACK
RELAX THE BACK OF THE LEGS
BACK OF YOUR HEAD
SCALP FACIAL MUSCLES
RELAX YOUR EYES NOSE EARS

LET THIS RELAXATION
FLOW THROUGH YOU
LET GO AND RELEASE ALL THE
STRESS AND TENSION
LET GO AND RELEASE ANYTHING
THAT DOES NOT BELONG TO YOU
RELAX ALL YOUR
MUSCLES NERVES TISSUES
LET ALL YOUR CELLS
EXPERIENCE RELAXATION
STAY HERE FOR A FEW MINUTES
ENJOY THIS DEEP RELAXATION
FOR AS LONG AS YOU WANT.....
NOW STAND UP
WALK OUT OF THE PYRAMID
BACK THROUGH THE DOOR
STAND AT THE BOTTOM
OF THE STAIRCASE
COUNT YOURSELF UP
1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20
YOU ARE NOW AT THE TOP
OF THE 20 STEPS
RELAXED HAPPY LIGHT IN CHARGE
COUNT FROM 1 TO 5
AT 5 YOU WILL OPEN YOUR EYES AND
BE BACK IN THE HERE AND NOW
YOU ARE RELAXED LIGHT IN CHARGE
YOU KNOW YOUR BODY HAS INITIATED
THE HEALING PROCESS
1-2-3-4-5 EYES OPEN WIDE AWAKE
BACK IN THE HERE AND NOW
RELAXED HAPPY LIGHT AND IN
CHARGE OF YOURSELF

HSI ETHICAL CODE

**FACILITATE PEOPLE TO HEAL THEMSELVES SO THAT THEY CAN RUN
THEIR OWN LIVES EFFECTIVELY AND PRODUCTIVELY AND
REMAIN CALM PEACEFUL & HAPPY AT ALL TIMES**

CRYSTAL FOR HEALING

AMETHYST

**The power,
protection, healing,
wisdom and Bliss
of this Master
Healer can support
you on your Journey
through Life**



DOES THE SOUL EXIST?

Tinesh Kumar, HSI Associate
Chennai



This is the question I asked myself and in a matter of seconds I got the answer of the Souls existence through this LAMP.

The Lamp that brightened the Room got my attention at that moment of time. I started to admire the Majestic Golden look of the Lamp.

The Vessel of the Lamp has a Base - a Cup and a Thread - the Base touches the Ground - the Cup holds the Oil and the Thread which is in the center Lights up. At the Top of the Thread there is a Spark of the Fire – this spark of fire was Shining Sparkling and Glittering.

A realization for me - The Vessel of the Lamp is our Physical Body which is Grounded in the Here and Now - the Oil is our Heart which is The Fuel of Our Life - the Thread is our Mind which takes Decisions in our Life - the Spark is The Soul - it has Purpose.

This spark in the Lamp burning in the room has a purpose to brighten or light up the Room and everything else works together to ensure there is Light

So the Answer is YES - the Soul Does Exist.

Find your PURPOSE - you will then be grounded in the here and now – fill your Heart with Love – keep your Mind clean and clear and your SOUL will Shine Sparkle and Glitter.....

UPDATES ON CURRENT HAPPENINGS

- We have shifted our Center from Dwarka to Gurgaon
- Our Associate EMPOWERMENT & HOLISTIC HEALING FOUNDATION (EHHF) presents SELF MASTERY workshops in Chennai
- Our Associate AIKYA THE ONE (ATO) JOY WORKSHOPS for children at Schools and RECONNECTING TO YOUR INNER RESOURCES receiving good response
- THE HYPNOTHERAPY SCHOOL OF INDIA (HSI) adds its first list of Therapists to The Hypnotherapy & Integrated Therapy Association (HITA) – SMS Blossom Furtado for more details on this
- HOLISTIC LIVING Hindi Edition scheduled to be out in March 2015



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