



THE MIND POWER

...HSI INITIATIVE

HOW DO WE DISCIPLINE GOD

Sumedha Bhise

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The query that is most often brought to me by parents is about getting their children to obey.

"My son is not studying. How do I get him to study?"

"My daughter is so playful. She won't take anything seriously."

"Children must learn to do things on time."

What would happen if we remembered that each of us is a spiritual being wishing to have a human experience?

Most probably the emphasis would shift from believing our kids are ours to 'teach' and 'mould' to recognition that it's our responsibility to assist them in their own individual journeys. This would mean that we pay attention to the practical aspect of parenting, while keeping in our hearts the truth that there is a spiritual aspect as well.

Our children are part of our social system, and our society is a busy, often hectic one. It is not always possible to pick up and cuddle a crying baby. Sometimes feeds get delayed. Sometimes a baby is wet and unhappy and the parents are attending to something else that is urgent and needs attending to. So yes the Baby does need to learn to wait, and adjust his or her needs to those of other people. That is part and parcel of the 'human experience'.

But is this obedience, or is this love? A baby who is whole-heartedly loved easily reciprocates that love and adjusts quite readily to others' needs. I have seen a baby as little as 2 months old listen intently to his grandfather's voice soothingly saying, "Amma is just coming, it's ok – no need to scream, we know you are hungry" and the child calms down and waits. Every child is naturally inclined to love and be loved. And this is a reflection of the spiritual aspect.

So how could we 'spiritually parent'?

Here are two incidents that happened recently.

We were sitting in a popular restaurant when a young mother walked in with a group of her friends and her little 4-year old daughter in tow. They settled down at a nearby table. The mother was obviously very happy and excited to be with her friends – we gathered from the bits of conversation that we could overhear that she was meeting some of them after months. As she settled her daughter into a chair, the child asked if she could have coconut water, and the mother agreed. The waiter arrived, drink orders were placed and conversation continued.

Shortly the waiter returned with water and the drinks, and placed a glass of water in front of the child. The baby looked up and said a polite thank you. After a bit she said "Mummy?" The mother did not hear. The child waited and repeated "Mummy? Excuse me, Mummy?" The mother turned and asked "What, Sona?" "I didn't get my coconut water," the child said. The mother promptly apologised, called the waiter and got her the coconut water. No tantrums, no yelling, no impatience from either mother or daughter. The waiter was treated politely by the mother and therefore the child was well behaved as well.

The next story is even more remarkable. It concerns a father and his 3-year old son. The kid was getting bullied in his playschool. His best friend had been advised by his own parents to hit the bully back, and the child had talked about this at home. The father was not comfortable with this as a solution and told his child to walk away and avoid situations where he could get bullied, or to go tell the teacher. However, he was not sure this was the 'right thing' to tell his son, and the family had been talking quite a bit about the problem.

On Friday, the father drove down to pick up his son from school. Every Friday, the teacher customarily gave each child a small gift – a flower, an eraser, an unusual leaf – as she sent them off for the weekend. This Friday, the little boy ran up to his father to show him the lollipop he had got from the teacher. As he excitedly chattered away, his attention veered to another little kid. Handing over all his paraphernalia to his dad, he ran off and gave his lollipop to the other little boy. When he returned, the father asked – "Is that your best friend?" The boy shook his head. "No, that's the boy who hits me." Now the father was really concerned. It bothered him that his son could be trying to bribe the bully. However, this was a family that had developed the art of listening to each other without jumping to conclusions. So on the way home, the father casually asked his son why he had given away his lollipop.

The child said, "Papa, I was thinking lots. I sometimes hit you and I hit Mamma. And you tell me that if I am feeling bad, I should tell you and not hit. So I thought that if Raju is hitting, he must be feeling bad. And that is correct, Papa. Nobody is his friend. Nobody wants to sit with him. Nobody plays with him. So he must be feeling really bad. So I thought if I am his friend he won't feel so bad. So today I talked to him in class. And just now I just felt like giving him my lollipop, so I gave it."

This is spiritual parenting in action. The parents have consistently demonstrated respect and love to their child, and hence have helped the child naturally express his own love for a fellow human being.

A child who is "not studying" is a child whose natural urge to learn has been smothered by parents who have forgotten how to let their child teach them. A child who is "too playful" has parents who have forgotten how to play. A child who does not value others' time has parents who do not value the child's time. A child who is rude has parents who do not behave respectfully. A child who believes in bullies has parents who believe in victims. Poor parenting is a habit we pick up, and like every other habit, it can be overcome with awareness, patience and practice.

The word Discipline comes from Disciple: To follow the teachings we get from God and from Life. So how do we discipline God? By listening to the still, quiet voice within each of us and following the wisdom of our own inner Beings.

HYPNOTHERAPY AND ITS APPLICATION - III

Umang Mathur - Hypnotherapist

After discussing about the usefulness of hypnotherapy to deal with "Trauma" and "Allergy" in previous editions of this newsletter, let us look at the role of hypnotherapy and in the lifecycle of surgery. It is one of the areas where hypnotherapy is gaining popularity and many researches are being conducted.

The lifecycle of surgery includes following stages:

- 1) Pre surgical care
- 2) Post surgical care and
- 3) During Surgery

Pre-surgical use of hypnotherapy

As indicated in previous articles, hypnotherapy is a useful tool to deal with fear, anxiety and stress. This made hypnotherapy a research topic to use it in pre-operative care. The Results suggested that if the patient went through hypnotherapy procedure before surgery, they are less fearful, anxious and stressful and thus are able to control nausea, blood loss, pain, fatigue, unpleasantness effectively compared to those patients who did not use this modality before their surgery. That is the reason many surgeons are referring their patients for hypnotherapy before surgery for better results.

In 2007, the following paper was published in the journal of the National Cancer Institute which revealed the use of pre-surgery hypnotherapy and its successful result on breast cancer patients

<http://jnci.oxfordjournals.org/content/99/17/1304.full?maxtoshow>

Post-surgical use of hypnotherapy

In Nov 2008, a study was published in the Journal of Oncology - Volume 26, No 31. It says that Hypnotherapy successfully reduced perceived hot flashes in breast cancer survivors. It helped to reduce anxiety, depression and improved sleep which speeded up recovery. Following is link of the paper:

<http://co.ascopubs.org/content/26/31/5022.abstract>

During Surgery

On 18 April 2008, BBC news published a case "Pain-free alternative to anesthetics?" This case was a story of Mr. Lenkei, a hypnotherapist, who underwent surgery for his smashed thumb but the most interesting part of this operation was that there was no traditional anesthetic procedure was used. Instead of taking anesthesia, Mr. Lenkei used Hypnotherapy on himself. The operation was completely painless and successful. Following is link of his story:

http://news.bbc.co.uk/2/hi/uk_news/england/sussex/7355569.stm

The use of Hypnotherapy in surgeries is not new. As per the history of hypnotherapy, in 1834 Dr John Elliotson (1791 - 1868), an English surgeon used Hypnotherapy. In Calcutta, India, Dr. James Esdaile (1805 - 1859) performed 345 successful major operations under hypnosis.

Hypnotherapy, if considered in the above mentioned fields, may produce good results and bring more success in operations.

I hope this article has enhanced your knowledge of Hypnosis and Hypnotherapy. Look out for more articles in our forthcoming Newsletters.

HSI SPECIAL NEWS

HSI ONWARD JOURNEY

HSI creates, innovates, collaborates expands and integrates as it moves forward to "Make a difference in one person's life everyday" to accomplish its Vision of A Universe of Love, Peace and Happiness where every one lives a Powerful Holistic Life

REACHING OUT

Blossom Furtado speaks at The World United Doctors & Healers Association Hyderabad on 14th and 15th December 2013 on RECONNECTING TO YOUR SELF THROUGH REGRESSION

ON THE GROWTH PATH

Blossom Furtado speaks on CLEARING NEGATIVE INFLUENCES THROUGH HYPNOTHERAPY at a FreeTalk organized by the Life Positive Foundation in collaboration with India Habitat Centre on 17th December 2013 from 7 pm to 0830 pm

INTERACTING LIVE

Blossom Furtado will interact live on RADIO ONE with respect to her book on 26th December 2013 from 9 am to 10 am – Tune in to seek clarifications

AWARENESS TALKS

HSI has interacted with a group of young budding therapists at the Womens Christian College Chennai, a Teenage group of students at Guwahati, Nurses at Chennai, Senior Citizens at Chennai, School children across schools in Delhi and Gurgaon, lay people at Calicut, Chennai, Coimbatore, Madurai, Karnal, Ghaziabad, Guwahati, Goa and the Talks go on

NEW INITIATIVES

HSI has initiated the following Workshops

- **JOY WORKSHOP –**
Connecting Joyfully to Self. This workshop is aimed at children from 6th Standard onwards enabling them to connect joyfully to themselves and their limitless potential to study well and draw out their own inherent talents to be effective and productive in all they do
- **UMANG – Let's Heal**
This workshop is a Support Program for Cancer patients, their families and Caregivers to support them at the Emotional and Mental levels as they work on themselves with the various modalities at the Physical Level.

Conversation With a Hypnotherapist

Smriti Batra

Birthday and Sun sign?
23.07.1971 Cancer

Favorite or memorable holiday
Andaman Islands

Highest qualification?
Ph.D.

Role model?
None as such

Hobbies?
Reading, cooking and collecting magnets

How did you met your spouse?
Classmates in school

Favorite time pass?
Watching thrillers, comedy and dance programmes

Message for everyone?
Surrender to the Universe and watch the magic unfold

Favorite book?
Doctors by Erich Segal

Which dance form you most like?
Salsa

Favorite song?
Top of the world by Carpenters and Pehli Nazar by Atif Aslam

What motivated you to become a Hypnotherapist?
When I did my levels in Hypnotherapy, I knew this was 'It' and my journey began.....

Favorite movie?
Sound of Music and 3 Idiots

Suggested Reading – “THE LAWS OF THE SPIRIT WORLD”

Surbhi Chawla

Ever wondered what awaits us at the other side of the life? Many of us have grown up with the notion of sinners will be sent to hell while the people who have done good deeds will be welcomed in heaven. However, what awaits us in either hell or heaven has been a bit of a mystery ever since.

Khorshed Bhavnagri through her book "Laws of the Spirit World" gives an explicit view of the world that awaits us after we die. This book in detail explains not only the laws that govern this world and how different they are from what we have come to believe. In addition to that, this book also throws light on the laws that we should follow in this human life so that we are able to progress faster as a soul.

The case studies and short stories are used effectively to illustrate points and also show how God works his magic on Earth. This book gives an understanding of the role that each one of us has in the overall scheme of things and how we should make full use of our time on this planet. The Laws of the Spirit World also briefly touches upon the power of the subconscious mind and how we in our human avatar ignore this deep inner voice.

The book is written in very simple English, which makes it quite easy to follow.

Hypnotherapist on the Healing couch

- Anjali Suri

I took admission in Delhi University to do Psychology (H). I hadn't even finished a month in this when I found myself being urged to get into an art school. And lo and behold, I enrolled myself in an art school.

All was wonderful in the first year...my drawings, designs everything just perfect until I met with an accident just before the results were declared.

From then on, completing the art school was a pain. I lost my focus, the sense of it all. It seemed as if I could not draw at all.

I never had the inclination to join any advertising agency on completing the course. It didn't seem the thing I want to do and I felt a disconnect.

Recently when I was on the couch... I regressed back into a past life and saw myself as a young Italian boy. This boy was studying art. I saw myself walking by the sea side. Suddenly I was hit by a red colored speeding car. I saw myself on life support system but succumbed to the injury. I blamed the woman driving the car for my untimely death.

What came as a revelation was that I as that Italian boy who died not finishing his art school, and to go to an art school here in this present life was like completing my learning of that life time.

This gave me all the answers of what urged me to go to an art school. Today I enjoy art and it's my greatest stress buster.

Healing of Headache

Payel Chetri, Clinical Hypnotherapist, Bangalore

"I will die, I am unable to bear the pain"- were the words of a young gentleman who came seeking help through hypnotherapy. With this severe pain, he was unable to concentrate on his work and family and was slowly moving towards depression.

As the therapy began, the client went into one of his past lives where he was a thief, and in one of his attempt to steal was caught and beaten to death by the people. He was severely hit on the left side of his head and succumbed to the injury. His last thought: "I will die with this pain in my head. I don't want to die".

His pain got triggered off when one day he slipped and hit his head on the wall. Since then, he was suffering with this pain. He tried all the medicines prescribed and consulted many but nothing worked for him. The client had no background of this kind of headache before this incident. After therapy, the client realized the reason behind the pain. With this realization he gained a positive attitude towards life and himself.



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|----------------------------|----------|
| 1. Nirmala Shastri | - 1 Oct |
| 2. Sumedha Nilakanta Bhise | - 16 Oct |
| 3. Shireen Kauser | - 23 Oct |
| 4. Sridev Barathan | - 1 Nov |
| 5. Dr. Jyotsna Srivastava | - 3 Nov |
| 6. Prasana Krishnan V. | - 4 Nov |
| 7. Ebin Joseph | - 11 Nov |
| 8. Neha Mathur | - 14 Nov |
| 9. Suruchi Chaube | - 16 Nov |
| 10. Chithra M. | - 17 Nov |
| 11. Garima Singh | - 22 Nov |
| 12. Pallavi Srivastava | - 24 Nov |
| 13. Usha Balasubramanian | - 26 Nov |
| 14. Sonal Jain | - 2 Dec |
| 15. Lisa Colaso Govias | - 10 Dec |
| 16. Kashmir Shah | - 12 Dec |
| 17. B. Vignesh Ramanathan | - 16 Dec |
| 18. Vidya Jayaraman | - 20 Dec |
| 19. Mahabaleshwara B.L. | - 26 Dec |

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

HSI SPECIAL NEWS continues....

CORPORATE WORKSHOPS

HSI can offer customized workshops to organizations seeking to enhance the capabilities of their "People" at the Emotional and Mental levels of the Mind, so that they are able to perform successfully at the Physical level thus bringing about a WIN for the Organization, their people and the Macrocosm at large

SCHOOL WORKSHOPS

We offer Joy Workshops, Towards a Drug Free World creating awareness of what drugs do to your body, Holistic Parenting, Explore & Discover yourself and can customize workshops depending on the need

HOLISTIC LIVING THERAPIST MEET

Therapist Meet at all our centers every month – special surprises for those who regularly attend

REGRESSION & PAST LIFE THERAPY

DIPLOMA TRAININGS

Two modules of Regression Therapy and One Module of Past Life Therapy using Bridge techniques scheduled in 2014 at Delhi, Bangalore and Chennai – check out for dates on HSI website

NLP PRACTITIONER & MASTER LEVEL TRAINING

HSI offers NLP training for therapists who want to gather more tools – Check dates on the website

ADVANCED TECHNIQUES TO RELEASE SPIRIT ATTACHMENTS/CURSES/NEGATIVE INFLUENCES

This special workshop for those who truly want to lead people on the right path scheduled for the second half of the year at Delhi, Bangalore and Chennai

