

WHAT IF GOD WAS ONE OF US

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The story goes that a woman holding her infant approached and asked Gibran to speak about children. The beautiful evocative words that follow are true advice for all time – they are well known throughout the world, and yet, around a century later we still don't apply this wisdom to our children.

With the birth of a baby our expectations begin. We are glad or sorry that it's a girl or a boy. We expect the baby to be perfect in body. We want the infant to look like he or she belongs to the family – "OH he has his father's nose; OH look, his eyes are just like his mother's!" We want a baby who sleeps through the night – "such a GOOD child".

As the infant was placed in our arms for the first time, we would look into those beautiful eyes and say "Welcome". If the baby woke in the night we would remind ourselves that time as yet has no meaning and give ourselves permission to sleep during the day instead of frantically dealing with chores.

As the child explored this amazing world, we would gently direct his attention away from dangers. We would notice how often and how much she likes to eat. Recognising that the child is 'with us', we too would be with the child. We would learn the limits of his exploration, the boundaries of her ability to interact with outer reality

Your children are not your children
They are the son's and daughter's of Life's longing for itself
They come through you but not from you
And though they are with you they belong not to you.

-Kahlil Gibran

And as the baby grows, our ideas of who the child should be grow also. The baby must "graduate to solids". If the child does not finish all of the food arbitrarily measured out into the plate or bowl, the label "fussy eater" is quickly stamped on her psyche. The luckier children manage to throw off the label by the time they are 11 or so; many live with it throughout life.

We decide that the child is 'talkative' or 'quiet'; 'mischievous' or 'timid'; 'smart' or 'slow'... Today we have added on even more truly noxious ideas. "Your son is hyperactive", says the teacher of the 2-year old who can't understand why he should sit still in 'class'. The anxious parents rush him to a psychiatrist or counsellor. "Your daughter is not academically inclined" and the 6-year old is now stuck in 'tuitions' after school.

What if, instead of our unhealthy need to prove ourselves to be perfect parents by creating perfect children, we were instead to recognize each child as the desire of Life to be born?

which we call 'learning'. We would be willing to suffer with our children the hurts and pains of relationship unafraid that we are re-opening our own old wounds.

In a workshop recently, one of the participants told me of her grandmother. As a small child, she asked her granny – 'Where is God?' and the grandmother answered 'God is you. And so, God is here.'

If we remembered Life's longing for itself, if we remembered that every child is God, we would remember to look more often into the eyes of our children – windows to the soul. We would worship our children with kind words, with praise, with love. We would find every day some small act of beauty in every child. We would learn the art of allowing them to grow through us without insisting they reflect us.

Every baby at birth is already perfect. It's our privilege to help them remain so.

The Hypnotherapy School of India
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HSI Headlines

HSI PRESENCE AT THE WORLD BOOK FAIR

HSI participated in the World Book Fair from 4th to 10 February 2013 generating an amazing response to this non-invasive modality of healing.

BOOK LAUNCH AT THE WORLD BOOK FAIR

HOLISTIC LIVING by Blossom Furtado was launched on 5th February 2013 with the author speaking about the book at The Authors Corner on 9th February 2013 - this book shares the work we do and some Case studies.

HSI NEW TRAINING CENTERS

HSI completed training for Level I, II and III at Pune and Hyderabad.

HSI MARATHON TRAINING

HSI Bangalore had an amazing turnout for our Levels I, II, III and IV from 4th to 17th March 2013 at our Center in Bangalore. It was an awesome experience for all 4 trainers.

HSI AWARENESS TALK

HSI conducted an Awareness Talk at Britannia on Women's Day empowering Women to connect back to themselves to be effective and productive.

Another Awareness talk conducted at Dehradun on 26th March 2013 at the Madhuban Hotel.

HSI ONWARD JOURNEY

HSI will be travelling to the beautiful North East of India for Level I, II and III at Shillong from 13th to 18th April 2013.

THERAPIST MEETING

Therapist meeting held at our center in Delhi on 1st April 2013. Therapist shared some success stories and their awesome experiences.



Make me a channel of love and peace

Make me a channel of love and peace
Where there is hurt and pain let me bring love
Where there is injury only pardon
And where there's doubt true faith in self

Make me a channel of love and peace
Where there's despair in life let me bring hope
Where there is darkness, only bring in light
And where there's sadness, only joy

Also grant that I may never seek
So much to be consoled as to console
To be understood as to understand
To be loved and to love with unconditional love

Make me a channel of your peace
It is in pardoning that we are pardoned
In giving to all life forms that we receive
And in doing that we live fully

Hypnotherapy and It's Application, Part I

Umang Mathur

Often Hypnotherapy is considered as a last option to resolve our daily unresolved issues. When I introduce myself as a Hypnotherapist, people often look at me strangely and then ask many questions regarding this field. Among all the queries one common fact, I noticed, is the unawareness about hypnotherapy and the negative image of hypnosis. It is an emerging art in our modern society. People are still carrying Mandrake the magician, a cartoon character type image who hypnotizes criminals to solve cases. Isn't it?

This series is an endeavor to introduce you to Hypnotherapy and its applications. In this article the areas of Hypnotherapy would be explored. You will be surprised to know how Hypnotherapy is useful in many areas of our daily life.

The Ministry of Health & Family Welfare, Government of India, vide its letter no. R.14015/25/96-U&H(R) (Pt.) dated 25 November 2003, has very categorically stated that hypnotherapy is a recommended mode of therapy in India to be practiced by only appropriately trained personnel

First of all, Hypnotherapy is a legal practice in India. As per Wikipedia, "The Ministry of Health & Family Welfare, Government of India, vide its letter no. R.14015/25/96-U&H(R) (Pt.) dated 25 November 2003, has very categorically stated that hypnotherapy is a recommended mode of therapy in India to be practiced by only appropriately trained personnel".

Hypnotherapy is the only science in the world which deals, without any medicine, with the Mind. Our mind, on the basis of our feelings, sends signals to the brain which activates some physical sensation in the body. Let me explain this in detail. Let's take a case of an obedient and faithful pet dog who plays with his owner everyday.

What do you think would be the owner's experience with the dog? Good, isn't it?

Now suppose this dog bites a child who becomes the victim. What would be the experience of the victim?

*Good or bad?
Will that child ever feel good about any dog?*

The dog is the same but his owner's experience (feeling) is good and the victim's experience (feeling) is bad. Now just think, where and how does this feeling of good and bad pop-up when you see a dog - Brain or Mind? Of course, it is in the Mind. Whenever you see or think of a dog your mind sends a signal to the brain and as per your experience the brain produces good or bad waves in the physical body.

How does your mind respond when you imagine a dog? Or should I say what is your feeling about a dog?

So a Hypnotherapist can assist you to resolve issues which are related with the mind. In other words, Hypnotherapists deal with human feeling and facilitates you to transform your negative feelings

Do you get my point? When should you see a Hypnotherapist?

Yes, to deal with the feelings. As in the aforementioned case, if a negative feeling of a dog bite bothers you then consider seeing a Hypnotherapist.

Let's see what are the other applications of Hypnotherapy.

1) Fear, Phobias and Anxiety

The most widely accepted and proven application of hypnotherapy science is to deal with fear, phobias and anxiety. These are nothing but our feelings - a feeling of "run away" or "struggle" with the situation. Physical sensations are often associated with fear, phobias and anxiety. This is a state of mind which gets triggered off on encountering of a specific situation. For example claustrophobia - A well-known fear of an enclosed space. On the encounter of the situation of an enclosed space, our mind sends a signal to the brain to activate the nervous system which eventually leads to physical sensations, such as a fast heartbeat, rapid breathing and increase in blood pressure.

Watch out this space to know more about the Hypnotherapy and its applications.....

ARE WE GOD-LOVING OR GOD-FEARING?

Movie that made difference to my life – Oh My God

Pallavi Srivastava

Oh My God is a journey of an Atheist a complete disbeliever and how his experience in life makes him a Theist, a believer in God. The movie points out the erroneous popular belief that God and religion are the same thing. It attempts to make us review and rethink our beliefs about God.

The movie revolves around a Gujarati businessman 'Kanji Lal Mehta' who sues God because his shop is destroyed in an earthquake. The movie takes a realistic take on God. The song 'Mere Nishaan' well conveys the message of the movie where God is asking and stating as to how people believe that he is not inside them but is sold in shops.

One of the eye opening dialogues of this movie is, "Yeh jo aap log dekh rahe ho na they are not god loving people, they are god fearing people. Aaj nahi to kal yeh Kahin phir se ashram mein na dikh jaayen." These lines really made me think. If we are God loving will we need to worry that God will punish me because I could not go to the temple every Tuesday, or could not do my 'Namaz' five times a day or failed to go to church every Sunday. If we are God loving people will we believe that if we don't visit the various religious places in life God will not give us a place in heaven? If we are God loving will we require a guru or a religion or anything outside us to stay in touch with God? If we are God loving will we look for Him outside us in temples, churches, mosque's etc. or will we look for Him within? That's the message the movie leaves us with.

'Oh My God' had a huge impact on my life. After watching the movie, I was left with a feeling that all the things that I have always felt intuitively about God is true. God is loving and he speaks to us directly through our inner voice. How often do we pay attention to that voice of God within us? If we listen to this voice more often won't our life be what we want it to be. From the much popular dialogue 'Khush to bahut hoge tum aaj' (referring to God) in Dewar to Oh My God's loving portrayal of God, we as a society have certainly come a long way in our understanding of God. Can we live with this new understanding every single day, every single moment of our life is the big question?

MIND VITAMIN

Say

I am always calm and peaceful

Instead of

I don't like to be angry

Conversation with a Hypnotherapist – Anjali S. Suri

Birthdate and Sun Sign?

24th May, Gemini

Highest Educational qualification?

B.A, B.Ed, 3 Years Diploma in Commercial Arts

Hobbies?

Making Candles, Painting and creating different art forms, Reading etc

Favourite pass time ?

Reading, Gardening

Favourite Book?

Ghosts amongst us, The Re-incarnation of Peter Proud, Jonathan Seagull...

Favourite Song?

Very difficult to zero down on one. I love the Boney M album - Ma Baker, Kya Yahi Pyar Hai, Heal The World

Favourite movie?

Its A Mad Mad Mad World, Karz, Zindigi Na Milegi Dobra..

Favourite holiday place? When was your first visit?

Kashmir. My first visit to the valley was in 1975.

Your role model or ideal person?

There isn't any particular one. I feel there are lots of them that I admire.

Your happiest moment of life?

The birth of my sons.

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

On a trip to Agra with common friends.

A message you would like to give to everyone?

Live in the moment

What is success for you?

Living with awareness

Which dance form you would like learn if a chance is given to you?

Flamenco

What motivated you to become a Hypnotherapist?

An inner calling...something I associated with from my childhood.

AFFIRMATION

I love, respect and honor myself
all the time

Freedom to build Relationships

Liza Jacob

Transpersonal Regression Therapist

A 27 year old software professional called up one day saying she needed an urgent appointment before her wedding which was in a week's time.

In walks this young girl who appeared very quiet. She started saying that she is getting married in a week's time and is having anxiety attacks for the last month or so. She kept thinking it was normal – as that is what her friends told her. However she says “I am finding it not normal and I cannot pin point what it is. I am told that hypnotherapy can help.”

We live lives burdened and tired “Not being ourselves”. Who we are truly is a *limitless, powerful and divine being*. Wayne Dyer very beautifully words it as – ***we are spiritual beings having a human experience.***

On asking her about her childhood and life in general she mentioned that she has an elder brother and had lost her mom at the age of 11. On asking her how she felt and dealt with it – she shrugs her shoulders and says –Oh normally like any child. I just learned to cope and move on. My dad was a big support. She also mentioned that it had taken a while for this arranged marriage to get fixed. For some odd reason or the other nothing was getting fixed.

Our emotions are either expressed or suppressed. And for every emotion we feel – there is also a physical sensation to it – we experience every emotion in our physical body too. And we flow through the emotion when we feel it both in the physical and emotional body.

So in the session she was guided to get in touch with where in her body she experienced the anxiety. She said that she feels it in her heart. Furthermore she mentioned that it is as if it is like a blue conical thing in her heart. When I asked her to go to the very first time she allowed this to be a part of her energy system she said she goes back to being 11 years old. She goes back to the scene when her aunt told her that her mom had died. Her mom had died very suddenly of a heart problem. The 11 year old little girl had not completely grieved for her mother. Further in the session she became aware that she was still carrying fragments of her mother's energy with her. She released the blue conical thing in her heart and when it came out – it took the form of her mother. She was led to have a completion with her mother. She also came to know that her mother's last thought as she was dying was – Who will take care of my family. And every time the girl had her anxiety attack the ongoing thought was “will I be able to look after my family.” She became aware that this was her mother's fear. She was guided to have a complete emotional healing and also allow her mother to continue on her soul's journey.

I called her two days before her wedding to find out how she was doing and she responded saying that she was feeling calm and completely herself again and was getting ready for the wedding.

HSI ETHICAL CODE:

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

Upcoming Courses

Level Places	I	II	III
Delhi	13-14 April. 4-5 May & 1-2 June Vipin Chopra	14-16 May Blossom Furtado/ Vipin Chopra	17-19 May Blossom Furtado
Calicut	27-28 April, 25-26 May & 22-23 June Vilma Balachandran	27-28 May Blossom Furtado	29-30 May Blossom Furtado
Bangalore	24-25 June Sumedha/ Liza/Divya	26-28 June Sumedha/ Liza/ Divya	
Chennai	4-5 May & 1-2 June Amitaabh Naaraayan	6-8 May Blossom Furtado	9-11 May Blossom Furtado
Kolkata	15-16 June Amitaabh Naaraayan/ Neha	17-18 June Blossom Furtado	19-20 June Blossom Furtado
Shilong	13-14 April Blossom Furtado	15-16 April Blossom Furtado	17-18 April Blossom Furtado
Dharamshala	21-22 April, 20-21 May & 25-26 June Usha Dobhal	23-24 April, 22-23 May & 27-28 June Blossom Furtado/ Usha Dobhal	25-26 April, 24-25 May & 29-30 June Blossom Furtado
Karnal	22-23 June Anjali/Smriti		
Mumbai	1-2 June Blossom Furtado/ Kashmira shah	3-4 June Blossom Furtado	5-6 June Blossom Furtado

Special Courses

Description	Place	Dates
<i>Hero's Journey</i>	Bangalore	Sumedha Bhise
<i>Freedom in Relationships</i>	Bangalore	2-3 April Sumedha/Liza/Divya
<i>Crystal Workshop</i>	Delhi	03-04 April 2013 Blossom Furtado
<i>Regression I</i>	Delhi	1-2 May 2013 Blossom Furtado

Hypnotherapist on the healing couch

Smiriti Batra, Hypnotherapist

I have two children. I had been living with the constant nagging thought that something will happen to them. I could never leave them alone at home. Even outside, when they were with me, I was always plagued by this fear that something bad will happen to them. This didn't seem normal. This fear had started affecting my life and so I decided to go for therapy.

I regressed into a lifetime as a Rajasthani man who lived in a village with his wife, two children and parents. One of the days I was away to get money to return to the moneylender. Before I could reach back my entire family was burnt alive by the moneylender's goons in my absence. The sight of my family members burning on pyres left me with fear and regret that I couldn't be there for them. The children in that lifetime are the same as my children in this lifetime.

I realized that it was this fear of losing my children that I was carrying from that lifetime. It amazed me to realize the traumas and fears that we carry from incidents that happened in our past lives. After therapy and understanding the reason for the fear I feel free from the irrational thought that something will happen to my children.



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