

## 3-day holistic healing workshop starts at Max Hospital

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MOHALI, AUGUST 1: The 3-day holistic healing workshop for cancer patients started at Max Super Specialty Hospital (MSSH), Mohali today. The workshop is the joint efforts of MSSH, Mohali along with Holistic Healing Trust, Chandigarh, The Hypnotherapy School of India (HSI), Aikya The One (ATO) and The Empowerment and Healing Foundation (EHF) to 'make a difference' through the workshop to empower and equip individuals with the awareness of connecting back to themselves to live effective and productive lives.

Realizing the need to have a support program in place, HIS and a team of Therapists from the Cancer Unit of Max Hospital have come together to create a 'Healing Support Program'. The 40 patients and their family members are attending this first of its kind workshop in the country.

The objectives of workshop are as :

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- Ø Aims to provide knowledge & learning and a self sustaining support program to heal self from sickness to wellness.
- Ø Explore & discover how the mind body and soul work together
- Ø Find out how Positive thinking can change life
- Ø Improve the quality of life through the limitless potential of the mind.
- Ø Learn coping strategies to change negative beliefs into healing thoughts
- Ø Manage & overcome stress, anxiety and depression
- Ø Strengthen immune system
- Ø Understand how to deal with anticipatory nausea & vomiting
- Ø Conceptualize a healthy diet for self
- Ø Reframe & re-script old programs & belief systems
- Ø Live an effective & productive life & remain calm, peaceful & happy

"What we intend to bring about through this workshop is a coming together to work as a team, the experts of the body the doctors, the experts of the mind the mind therapists and experts of the soul the Metaphysical Therapists to jointly support the individual to walk back from sickness to wellness." pointed out Dr Sachin Gupta, Sr. Consultant, Medical Oncology at MSSH, who spearheaded the program at the local centre.

"We are spiritual beings having a human experience. However what really happens is that over time particularly we as "humans" forget our true nature and let our system get contaminated. We have realized is that we have the power to return our system back from sickness to wellness with the support of all interventions at the physical, mental and emotional and astral levels of our energy system, remarked Ms. Blossom Furtado, Founder & President, ATO.

"I have seen a significant improvement in the overall well being and health of my patients, post the first workshop last month. We hope to organize many such workshop in future not only for cancer patients but also for our staff and doctors who are constantly engaged in dealing with cancer patients. This workshop focuses on treating the mind and the soul. We treat the body with chemotherapy, surgery and radiation but are also trying to combine modern medicine and holistic healing approach." asserted Dr Gupta.

HSI and our team of committed and dedicated Therapists have come together to create a Healing Support Program that has a Soul-Mind-Body approach for addressing all sickness and enabling the individual to move forward from sickness to wellness, maintained Ms Furtado.

Meanwhile Blossom Furtado which presents workshops on self empowerment to corporate organizations, schools, NGOs and other institutions is also the Founder Director of HIS which was founded in 2000. She teaches hypnotherapy, regression & past life therapy and life between lives spiritual regression therapy. She works with many modalities like alternative therapy, transpersonal regression, clinical hypnotherapy, regression & past life therapy, spirit release therapy, naturopathy and yoga theta healing, energy balancing, navigation through life between lives, crystals and neuro linguistic programming etc.