

HYPNOTHERAPY

Healing & Self Empowerment Using the Power of the Mind

WHO ARE HYPNOTHERAPISTS ?

Hypnotherapists are recognized as experts in Hypnosis and its applications to the modification of human behavior and perception. Hypnotherapists recognize the integrity of the body-mind system as being one and are therefore able to address any disease, be it mental-emotional-energy related or physical.

Today Trained and Qualified Clinical Hypnotherapists are available in India who have been effectively working over the last 3½ years helping people to handle various life issues.



HOW CAN AN INDIVIDUAL BENEFIT FROM HYPNOTHERAPISTS?

- By getting your life issues healed through individual consultations with trained and qualified Hypnotherapists.
- Understanding the complex working of your own mind.
- If you desire study Hypnotherapy you may register for the courses being conducted by us.

BENEFITS OF THIS AMAZING SCIENCE

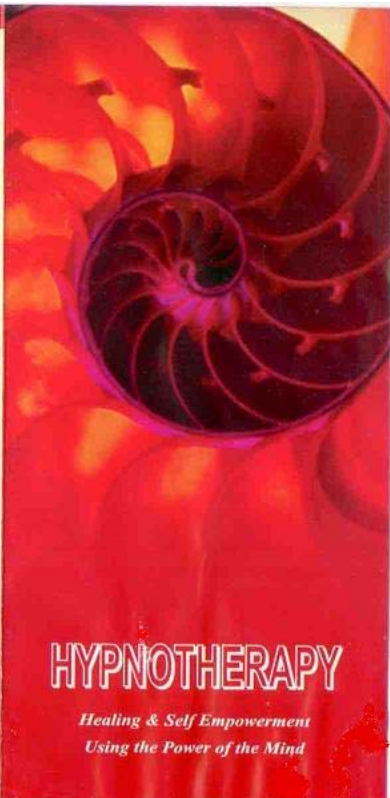
Qualified & Trained Clinical Hypnotherapists are available today in India, helping people to recover and handle the following:

- Pain Management
- Asthma
- Enhance Self Confidence
- Fears & Phobias
- Stress Management
- Sports Performance
- Improve Study Habits
- Fear of Failure/Success
- Anger Management
- Sexual Problems
- Improve Relationships
- Improve Communications
- Work Life Balance
- Cancer
- Trauma
- Insomnia
- Anxiety
- Stammering
- Self Esteem
- Weight Loss
- Habit Control
- Skin Problems
- Depression
- Focus on Goals
- Drug Abuse
- Self Mastery

and more.....



TEMPLE OF INSPIRATION
Khasra No. 198, Chattarpur Enclave,
New Delhi - 110 068.



WHAT IS HYPNOTHERAPY?

Hypnotherapy is a completely safe and harmless form of therapy using Hypnosis. Hypnosis is a scientifically acknowledged psychological and therapeutic discipline and is the most expedient way to access the Subconscious Mind. It is a method by which any person may be guided into an altered state of conscious awareness in which psychological and physical changes beyond normal conscious capability can be achieved.

Hypnosis has its origins in an early form of trance healing. Modern psychological hypnosis was first developed in 1843 by the Scottish physician James Braid who derived the word hypnosis from the greek word 'Hypno' means 'sleep'. Dr John Kappas, an American psychotherapist 1980 formulated Hypnotherapy as a tool that could be used by all for healing.

In the Hypnotic State (deep alpha or theta-the doorway between the conscious and the subconscious mind is opened) memories become easily accessible and you can work on the issue or challenges that have stopped you in the past. This provides you an unique opportunity to understand the complex workings of your own mind and empowers you to help yourself, heal yourself and live a happy, joyful and more fulfilling life.

WHAT IS PAST LIFE THERAPY?

Past life therapy works on the premise that the cause of an individual's physical or psychological ailments is a manifestation from a trauma experienced in an earlier existence. The Indian concept of 'Karma' is the guiding principle for this work. Clients discover during regression that present life conflicts and problems often stem from traumatic events in prior lifetimes.

Asthma is always past-life related. Hypnotherapy records suggest that during the person's past life, death occurred when they could not breathe. They either drowned, choked or were hanged. The mind retains this memory and since the mind does not recognize time, it may create a similar breathing difficulty in the current life.

Past life therapy has proved to be a quick and effective method of healing present life issues.

Past life therapy helps resolve Karma, relationships issues, cure diseases, enhance your personal growth and heals at the physical, emotional, mental and spiritual levels.

DOES IT WORK?

Yes. Hypnosis has fascinated psychologists and medical professional for over a century and has been subject to a great deal of rigorous testing and research. For the last 3½ years Clinical Hypnotherapists in India have been working with Hypnosis with amazing results.

IS HYPNOSIS SAFE?

Absolutely safe. There are records of immense benefits derived by those who have undergone Hypnotherapy in India and other parts of the world.

WHAT DOES IT FEEL LIKE?

The experience is different for different people. For most people however hypnosis is a pleasant state of deep inner calm and physical relaxation. Deep hypnosis and similar in many ways to the kind of profound trance experienced by expert yoga and meditation practitioners.

A LITTLE ABOUT THE CALIFORNIA HYPNOSIS INSTITUTE OF INDIA (CHII)

CHII is the first and only professional school of hypnotherapy in India formed 3½ years ago to train clinical Hypnotherapists in India. CHII promotes the education of scientific hypnotherapy and exclusively conducts courses as taught worldwide by the California Hypnosis Institute (CHI) Headquartered in Los Angeles.

COURSE DIRECTOR

(Dr. Aarti Khosla)

Aarti Khosla is a practicing past life therapist, Life-between-Lives Therapist, and a certified clinical hypnotherapist. She was on the International Organizing Committee of the second world congress on regression therapy held in New Delhi, India.

After her graduation in economics and post graduation in finance, Aarti studied design and International market forecasting at the National Institute of Fashion Technology, New Delhi, and has held exhibitions in many countries.

Aarti studied the art of stained glass and its restoration in the UK and has been involved in the restoration of old churches, including St. James Church in Delhi.

Aarti is also the Promoter Director of the Sanarti Group of Companies.

Aarti has been holding workshops, in India and internationally, on several areas of alternative medicine,

Including meditation, self healing and distant healing, aura scanning, crystal therapy, and healing with sound (Swar and Nada Brahma) She holds spiritual meetings and conducts lectures on the connection between intellect and spirituality at the Temple of Inspiration, New Delhi.
Email : aartikhosla1@hotmail.com

Level-I Introduction to Clinical Hypnosis

Duration : 3 Days

Level-II Advanced Hypnotic Techniques and Modalities

Duration : 5 Days

Level-III Clinical Hypnotherapy

Duration : 8 Days

Past-life Therapy

Duration : 2 Days

Any other specialized courses.

Course.....

Date.....Time.....

Venue : TEMPLE OF INSPIRATION
Khasra No. 198, Chattarpur Enclave,
New Delhi-110068

(Map Overleaf)

FOR COURSE DETAILS CONTACT :

Gurjit Khandpur : 9810202953
Surbhi Iyer : 9810316939
Rashmi Nayar : 9810039616

ABOUT OUR COURSES

The CHI Hypnotherapy Courses are endorsed and accepted by the American Hypnosis Association. Students who complete the requirements to obtain the CHI certification as "Clinical Hypnotherapists" qualify to register as a Member of the International Association of Clinical Hypnotherapy. Asian Division as Registered Hypnotherapist.

WORLD CONGRESS ON REGRESSION THERAPY

The Second World Regression Congress on Regression and Past Life Therapy was held here in India at New Delhi from 8th to 12th March 2006. The first four days were for professionals involved in Regression Therapy but the Seminar on the 12th March 2006 was for the general Public.

SOME MYTHS ABOUT HYPNOTHERAPY

- Myth:** The Hypnotist will be able to control my mind...

Fact: At no point during the session will you lose control of your mind. If you hear a suggestion that you don't agree with, or, don't understand, your subconscious mind will automatically reject it.
- Myth:** I will be made to perform embarrassing acts such as barking like a dog, or walking like a duck...

Fact: This assumption is based on Stage Hypnosis and Hollywood fiction where the volunteers allow themselves to participate in silly suggestions.
- Myth:** Hypnosis comes from "Black Magic" or is "Supernatural"...

Fact: Hypnosis is a natural state that has been studied scientifically. Hypnotherapy is based on many years of clinical research by famous psychologists such as Sigmund Freud, Dr. Carl Jung, and more recently, Dr. Milton Erickson and Dr. John Kappas.
- Myth:** Hypnosis is dangerous. I may not be able to snap out of it...

Fact: Hypnosis is very safe, and, in fact, a state of hyper-awareness. Any person can come out naturally by opening their eyes, stretching or speaking.
- Myth:** When hypnotized, I will lose all sense of surroundings and have no memory of the session...

Fact: In fact, people report having a sense of heightened awareness, concentration and focus, and can even hear more acutely during a session.
- Myth:** My mind is too strong/disciplines and so I can't be hypnotized...

Fact: This is an archaic belief that has, in recent times, been proven true.
- Myth:** I have never been in hypnosis before...

Fact: Every person naturally enters a hypnosis state twice every day- just before falling asleep at night and just before awaking every morning. Most people easily enter 'Environmental Hypnosis' while at the movies, watching T.V., while reading a good book, or, while driving on a highway.

PAST LIFE THERAPY

In past life therapy, after a life of mistakes and hurts, we often arrive at a non-judgemental place of higher understanding where we access the insights that usually point to how we could have lived or thought differently. We gain awareness as to how we could have made a choice to respond to situations from empowerment, strength, understanding and love, rather than from fear and limitation. Consciously transforming fear-based thoughts and actions into love-based thoughts and actions is healing. Healing literally means “becoming whole”. When we feel whole, we feel that all our needs are met, and we can in turn respond more easily to people and circumstances from a place of love. This process is one reason why the effectiveness and benefits of past life therapy often extend beyond what is articulated. Shifts towards healing occur, sometimes overtly noticeable, at times subtle.