

# Alternative Healing – Clarion Call of the times



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June 16, 2020

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*“Our bodies and each system within should be treated as a whole, not as a collection of parts, Holistic Health addresses the mind, body & spirit*

*It searches for the underlying cause of symptoms, rather than simply covering them up with medications ...and it allows you to BE HEALTHY*

*- Michele Adams*





*“Healing from within is becoming more and more topical in minds of people today as new normal of frightening viruses has emerged in the current times. Hence modalities other than conventional medicine defined as Alternative Healing are gaining ground as way towards preventive, psychological and holistic health care.*

*I am hoping next few pages will help people overcome their inhibitions and fears or dis-belief on Alternate therapies*

*- Richa Das*



# Hypnotherapy

In this therapeutic format, Hypnosis is used as a tool to create enhanced focused attention and increased suggestibility - for rewriting patterns of the mind – specifically in the subconscious mind.

It is considered to be highly effective in healing phobias , curing psychosomatic disorders and increasing performance. In my practice as a Transpersonal Hypnotherapist , have seen many individuals successfully navigate traumas , anxiety disorders and suicidal tendencies. This is done by rewriting mental patterns completely through healing childhood and past life memories. Energy rebalancing – involving release of thought forms and Past Life regression involving healing of past life memories which may be causing mental issues in current life are both integral parts of this healing format.



# Reiki

Reiki is a Japanese form of energy healing. Rei in Japanese means Universal and Ki means Life Force Energy. Reiki traces its origins to Lotus sutras in Buddhism and was rediscovered as a healing modality by a Japanese doctor – Dr Miao Usui approx. 100 + years ago. Reiki is an excellent method of self healing and spiritual advancement. Using the energy of the universe , this format has sufficient anecdotal evidence to its credit for healing several physical and emotional disorders.

Over years , Reiki has gained wide acceptability and is now offered in several hospitals across the world as holistic healing format – for many physically debilitating conditions



# Akashic Records Healing



Akashic records is said to be The energy plane at the 6th realm of heaven which contains records all thoughts, emotions, intent, actions of past , present and future lives of a human being

It is possible to access one's records via channelling by a Healer. It has since started gaining popularity as a metaphysical modality of healing. Akashic records can help one gain clarity and guidance to life situations and also understand root causes of recurring issues . This way of healing helps an individual align to his/her Life purpose.

The above formats of healing are practiced by me as a spiritual healer. I have been able to help many souls in their journey through life. I am humbled by the experience and continue to be awed by the beauty of the human soul and its ability to heal from travails and hardships

# A word about .....



## the Author

*Richa is a Licensed Clinical and Transpersonal Hypnotherapist and a Reiki Grandmaster . She is an ex banker with 15 years of Investment and transaction banking experience with top most banks such as JP Morgan (3 years) and Deutsche Bank (11 years). In midst of the hustle bustle of climbing the corporate ladder, she felt a strong need to fulfil her life's purpose in the area of healing and helping people achieve holistic wellbeing*

*This arena had held a strong fascination for her since youth. She became a Reiki healer when she was 18 years old. She is now a Reiki Grandmaster. She had questions about Life and its purpose which led her to continue her to study Reiki, Neuro Linguistic Programming , Hypnotherapy and Akashic Records Healing.*

*She has acquired specialisation in Clinical Hypnotherapy, Life between Lives Spiritual Regression, Past Life Regression and Inner Child Work , Akashic Records Healing, Reiki Healing and Teaching*

*She is passionate about hand crafting jewellery with Reiki infused semi precious crystals and making soaps ,perfumes, lipsticks and serums which she retails through her Facebook page : Samairah's Blessings. She is an avid painter and dancing gives her feet wings.*

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