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Quantum Hypnosis and 24-Hour Meditative Mind:

Some years ago, I was working in my drive way to remove snow. After shoveling snow for over 2 hours, I was feeling severe muscle pain in both arms. I then used self-hypnosis to relax and drift into a trance. At some point under hypnosis, I was not feeling any pain and as I kept going deeper and deeper in trance, I started feeling the pain area nothing but a kind of vibration. I felt as if I am separate from the pain. Under this deep trance, I simply let these vibrations being wiped out (like we clean the black board in a class room). This experience of a physical vibrations in the body was new and at the same time hard to explain in words. To my surprise, when I came out of this trance state, there was no sign of muscle pain in both of my arms.

Later I continued experimenting with this vibratory state of the body at various parts of the body under deep trance. I realized that every part of our body is vibrating in a natural frequency. This frequency changes when that part of the body is sick or injured. The electromagnetic field of the whole body, also known as the *aura*, is very sensitive to any changes in the physical or mental health. I also experienced a state of no pulse, no heart beats, and no-thought in my body-mind for over 45 minutes and sometimes even longer. In yoga terms, this state is recognized as *Samadhi*. It is very difficult to describe such a state in language. Like sweetness can not be put into words. This was the beginning of the quantum hypnosis.

Think about a boat which has a leak and water is coming in. In order to save the boat from sinking, we can keep throwing water out of the boat. It is like managing or reducing the stress. Unless we fix the leak, no matter how much we manage to throw the water out of the boat, sooner or later the boat will sink. Similarly, if we keep creating new stresses, managing/reducing stress will not be enough. We have to understand the process of creating our negative emotions. When we try just to manage or reduce stress, our dependence on outside help makes us even more vulnerable and helpless and we miss the inner wisdom and power hidden within us.

In a dark room, we will ask: 'Where is the door?' This question seems to be natural and real, but, in fact, this question is simply a byproduct of the 'darkness'. However, if there is light in the room, this question will never cross our mind; we will simply 'see' the door and use it. In addition, in a dark room, more seemingly real questions will arise in the mind, along with fear and confusion. We may even hurt ourselves by hitting objects in the darkness. Darkness of the room is similar to the "ignorance" of the mind. Darkness is not real, it is simply absence of light. Similarly, ignorance and Ego of mind seem to be real (like darkness), but they are absence of awareness (light).

An ignorant mind asks wrong questions such as: 'How do I get rid of negative emotions?'; 'How should I improve relationships?'; 'How should I forgive?'; 'How should I become enlightened?'; 'What is love?' and so on. There is no end to such questions, confusion, and fears. Under such ignorance (darkness), mind perceives everything as a problem and exaggerates it. With so many illusory questions and

problems in life, we start looking outside for solutions, help, sympathy, love and care. And fortunately, there is no shortage of outside help available to us. Where there is demand, there is supply and, consequently, we find gurus, priests, teachers, counselors, therapists, healers, psychics, astrologers and many more holistic or energy workers to provide help. But, this help coming from outside is only temporary and in many cases may not work at all.

Asking the right question is getting started towards the right answer. A wrong question will always lead to a wrong answer and more confusion. People are asking wrong questions without realizing the consequences of this wrong approach. Instead of asking how one could get peace of mind, one should ask: 'How do I create the restlessness of the mind?' We don't know what peace of mind is, all we know is what restlessness, negativity and anxieties are. Rather than asking how we should get rid of anger, we should watch how anger is being created and how the whole body-mind is suffering during anger. When something is not going in our way, anger comes.

At the root of our daily problems, frustrations, anxieties, and depression is our 'thinking'. Unfortunately, we have little or no control on thinking – the more we try not to think, the more we think. Meditation is nothing but an awareness and control of our thoughts. Thoughts are like a knife: we can use it for our benefit or we can hurt ourselves. Thoughts are necessary to live, but over 90 percent of our thoughts are like weeds: unnecessary, negative, and useless.

A laser beam is created by amplifying and stimulating ordinary light in a coherent manner. A laser beam can have billions of times more energy as compared to ordinary light. Similarly, our thoughts can achieve laser like powers and energy and harmony under techniques such as meditation, hypnosis, concentration or relaxation. Thus better health, awareness, peace, creativity, and control in life is possible by focusing and rearranging our thoughts as physics did in case of lasers.

Tremendous energy is hidden in the tiniest (atoms) part of matter. Similarly, the source of all wisdom, creativity, love, and happiness is within us. It is absolutely within our control to make our life happy or sad. No one can be responsible for our miseries. The source of all miseries is the "attachment" we feel towards people, objects, emotions, and belief systems. What we call "love" in our daily language is simply "attachment". We take life too seriously. Seriousness is sickness. Life should be lived with curiosity and ease. There is nothing in life which should make us sad.

The above experiences and experiments gave me the ideas of quantum hypnotherapy (QH) and a 24-hour meditative mind. QH uses the basic concepts and techniques of traditional hypnosis and new physics of quantum and space-time, while in 24-hour meditative mind, awareness of the thoughts is developed. In normal hypnosis, we try to get rid off any physical and/or emotional symptom, while in QH, we take a step further by going through a much deeper state at the quantum level where the inner wisdom and power of our subconscious mind along with the universal consciousness takes care of any problem. At this quantum level, we are not alone, the whole cosmos participates in the healing process.

QH has basically two parts: (1) Understanding the functioning of the mind that how it creates all the stress, pain, negative emotions, anxiety, fears, anger, and problems of life. One needs to understand the root cause of any problem. (2) To achieve a much deeper state of trance where the physical and mental states are experienced at the vibratory or quantum level. In this quantum state of mind-body, healing occurs beyond any conscious effort like suggestions or visualization.

The quantum and space-time physics along with new understanding DNA have changed our view of the existence. The reality which we perceive through our five (or six) senses is very limited and simply an illusion. At the micro or cosmic level, the whole universe is more mysterious - mass (matter), energy,

time, gravity, and force converge. How big is the universe, depends on the size of our telescopes. How small is the sub-atomic world, also depends upon the size of microscopes and atom smasher machines.

Our body, mind, and spirit are **one** at the quantum level - they seem to be separate at the classical (experienced by five senses) level. A trance state is beyond the classical level, i.e. in the quantum domain. In a classical experience, the time is linear (past, present, and future) and we see the world as a projection of the space-time. We experience everyday the non-linearity of time and integrity of space-time thru our dreams (almost a third of our life is spent in dreaming) and sleep. A past-life phenomenon is a quantum aspect of the mind-body.

Techniques of QH and 24-hour meditative mind make maximum use of breath-work. Breathing plays big role in relaxation, meditation, mind control, and maintaining general mind-body health. Breathing can easily be used to control negative emotions such as anger, stress, sadness, panic attacks, and many more. Relaxation is an effortless effort.

QH is a new dimension in traditional clinical hypnosis. It is offered to certified hypnotists and to those trained in other healing modalities. QH is not a substitute for traditional clinical hypnotherapy. It goes a step beyond. There are many situations in life where treating the symptoms only is not enough; where the power of suggestions or visualization alone cannot heal a health problem; where it is important to experience the mind-body existence beyond physical and mental levels. QH along with 24-meditative mind is very close to the process of self-realization or achieving a state of awareness.