



QUANTUM AWARENESS

Dr Ashok Kumar Jain provides light on a new dimension in hypnosis and self healing using quantum hypnotherapy for awareness and total mind-body health.

Around 1996, I was shoveling snow for over 2 hours in my driveway (that year we had almost 106 inches of snow) and started feeling muscle pain in both arms. I decided to relax myself using a self-hypnosis technique, during which I drifted into a much deeper state of hypnosis (relaxation). I was focusing mainly on both arms where muscle pain was very acute. At some point the pain stopped, and all I felt was a kind of vibration. I felt as if I had become separate from the pain. Under this deep trance state, without using any traditional suggestion or visualisation methods of hypnosis, I simply let these vibrations wipe out the pain (like we clean the black board in a class room), and to my surprise, when I came out of this trance state, there was no sign of muscle pain in either of my arms.

During a separate meditation, I experienced something that is very difficult to explain and is described in yoga terms as 'Samadhi', where I entered a state where I had no pulse and no-thought in my body-mind for over 45 minutes. After many such experiences, I experimented with pain under deep trance. When I went through the lung cancer treatments of chemo and radiation therapy a few years ago, I used such deep trance states of body-mind in order to manage and reduce pain – many times to eliminate pain completely. I never took any painkillers during the whole time I was being treated.

The above experiences and experiments gave me the ideas of quantum hypnotherapy (QH), which uses the basic concepts and techniques of traditional hypnosis and quantum physics. When we relax, or achieve a hypnotic state (trance), our classical perception

of the reality (such as time, problems, pain and suffering) starts changing. In normal hypnotherapy, we try to get rid of any physical and/or emotional problems, while in quantum hypnotherapy we take a step beyond by going through (observing or witnessing) the process (of thinking, pain, suffering, time, stress, anger, happiness, hatred, jealousy, fear and greed among many others). In other words, we learn to understand the source of the problem rather than simply treating the symptoms.

QH has two basic parts. The first is understanding the functioning of the mind and how it creates all the stress, pain, negative emotions, anxiety, fears, anger and problems of life. It is not just enough to treat a particular symptom or manage/reduce stress; one needs to understand the root cause of the problem as well. The second part is 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 happens beyond any conscious effort like suggestions or visualisation.

When in a dark room, our first reaction is to ask: 'Where is the door?' This question seems to be natural and real, but, in fact, this question itself 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. We may even hurt ourselves by hitting objects in the darkness. A rope may look like a snake, and the result is that we will be afraid of it.

Similarly, when the mind is 'ignorant' (in darkness), thousands

of questions come to mind every day, such as: 'How do I get rid of negative emotions such as anger, hatred, low or no confidence?'; 'How do I improve relationships?'; 'How do I forgive?'; 'How do I achieve enlightenment?'; 'How do I love?' and so on. There is no end to such questions and fears. With so many questions and problems in life, we start looking outside for solutions, help, sympathy, love and care. And fortunately, there is no shortage of help available for us. Where there is demand, there is supply and, consequently, we find gurus, priests, teachers, counsellors, 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 realising 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 can relax, we should ask how we create a state of restlessness.

The real wisdom, the true help, and the final answers are always within. And each and every human being or creature in this universe has equal amounts of intelligence, wisdom, love and healing power within. Quantum hypnotherapy can help you bring a little 'light' into this dark room by allowing you to no longer be dependant on others for healing or answers. As a byproduct of this experiential and practical understanding, one may experience self-esteem, peace of mind, confidence, health of body-mind, creativity, natural and loving relationships, among many other wonderful emotions of life.

Think about a boat which has a leak and water is coming in. In order to save the boat from sinking, we can keep the 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.

Quantum and Space-Time Physics: The 20th century has been revolutionised by an exponential growth in science and technology – changing and accelerating our life in every direction and dimension. At the root of this atomic and computer age is the new understanding of the existence in terms of quantum physics. In brief, the reality that we perceive through our five (or six) senses is very limited, and is simply an illusion. At the micro, or cosmic level, the whole universe is more mysterious and seems to be a single entity – mass, energy, time, gravity, force and so forth converge. Quantum physics, which is fascinating, challenging and still under study, gives a totally different view of the existence than perceived classically through the five senses and conscious mind. The mystery of the universe has deepened even further, even though we know a

lot from the deepest levels of atoms to the farthest galactic distances of the known boundaries of the universe. The size of the universe depends on the size of our telescopes and other detecting devices/instruments. How small the inter-atomic world is also depends upon the size of atom-smashing machines.

In simple words, 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 (under meditation, hypnosis or relaxation) is beyond this classical level and resides in the quantum domain. In a classical experience, time is linear (past, present and future) and we see the world as a projection of the space-time. At the quantum level, matter, energy, time and space behave differently, becoming inseparable. We experience every day the non-linearity of time and integrity of space-time through our dreams (almost a third of our life is spent in dreaming) and sleep. A past-life phenomenon, which has become a standard therapy for many mind-body symptoms, is a quantum aspect of the mind-body. Quantum physics is the only way to understand the existence at the micro/nano level where matter and energy converge to vibrations only.

The relativity of time and understanding of gravity in terms of space-time curvature are two other major aspects of the new physics. They are also related with quantum physics in terms of quantisation of time and quantum gravity. In hypnosis, or trance state, almost every subject experiences distortion of time. Time is another dimension of space.

Quantum hypnotherapy is not a substitute of traditional hypnotherapy. Rather, it is a step beyond in terms of the 'understanding' of the stress or the problem and 'experiencing' the trance at a much deeper 'vibratory' level. Thus, quantum hypnotherapy basically involves the understanding of the process or functioning of the mind (conscious and sub-conscious both). Most of our physical and mental ailments are created by the mind through excessive and uncontrollable (almost automatic) 'thinking' and blind belief systems. We fight and struggle with a so-called 'problem', but never try to understand it. For example, rather than trying to get rid of anger, we should ask how to create it. Some other examples of this would be to ask questions such as: 'What is this pain I am suffering from?' 'How do I create stress or anxiety?' 'I am feeling jealous, but what exactly am I doing right now?' 'What am I thinking all the time?'

In quantum hypnotherapy, a person can experience all the physical and mental events at the vibratory, or quantum level. For example, in a conscious state, pain is uncomfortable, but in a hypnotic trance it becomes less uncomfortable (and healing is faster too), but we are still suffering from it. At the deep quantum level, pain is experienced as nothing but a vibrational motion (energy) and the intelligence of the subconscious mind will be healing it naturally without using any suggestions, visualisation or imagination. It is, therefore, possible that after one session of quantum hypnosis that the pain may disappear completely. ○

Ashok Kumar Jain, PhD (Queen's University, Belfast) is a former physics professor whose deep fascination with quantum and space-time physics has led him to an extensive exploration of the human consciousness, searching for a connection between new physics, meditation, hypnosis, dreams and past-life phenomena. He is an international lecturer, conducting workshops and seminars on metaphysics, tantra yoga, self-hypnosis, dream-work and past-life therapy. He has developed several important and effective techniques for creating 'awareness' of the self, including the 24-Hour Meditative Mind and Quantum Hypnotherapy. He is the author of the book *Clinical and Meditative Hypnotherapy* and is also an adjunct faculty member at the American Holistic University (AHU), VA.

