



Healthy Resolutions

Find a new way to resolve problems

Mallika Bhatia, reiki healer and therapist introduces you to different techniques that therapists now follow to help you heal emotionally and mentally. If you are facing personal problems in life, which a doctor cannot solve, perhaps it is time to turn to a different kind of therapy. Therapists are increasingly using counseling and psychotherapy, hypnotherapy, life analysis and tarot cards to solve your predicaments.

Counseling, a key part of psychotherapy, is a remedial tool for psychological, emotional and behavioral issues. The psychotherapist helps you find remedial solutions. Counseling helps a person understand stress triggers in any aspect of life, relationships, professional life, work life stress, fears, phobias, and even the relationship with yourself. A counselor helps you view situations from different angles and brings forward aspects that you have overlooked so far. By seeing the whole picture, rather than a tunneled negative view, you can resolve situations.

Hypnotherapy is simple and safe and helps you understand, accept and heal issues; it uses hypnosis to deal with emotional and psychosomatic problems. It is a natural and comfortable state that we experience from time to time. Have you observed children when they watch television? Most of them do not respond when you talk to them -- that's because they are in a hypnotic state.

Hypnotherapy is based on the fact that our behavior and reactions originate from the subconscious mind; working on the subconscious directly through hypnosis helps resolve personal issues.

In Life Analysis, a life coach does a life analysis for you. The focus is on patterns that your life follows, your unconscious feelings and needs, and the multi-layered beliefs that hinder your professional, financial, spiritual, emotional and personal growth. It is an effective tool to understand yourself and help you move on in life if you are stagnating.

Tarot is a pack of 78 cards. Each card has a symbolic picture reflecting different aspects of life and the universe. A tarot reader uses the cards as a medium to help you understand your present and future probabilities. A reading session can guide you about your future, help you change it, and provides you with a better understanding of your current actions affecting your present and future.

It can also help you evolve into a better person. So choose a therapy and find answers to whatever is bothering you.

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