

In a trance

Want to know why a particular thing is happening in your life, whether it is physical or emotional? Are you blaming your stars and planets? No need to. At least, that's what Mallika Bhatia, 28, clinical hypnotherapist, suggests. She has all the answers to your questions.

"Whatever is going on in our lives is related to our mind and thoughts. As a hypnotherapist, my job is to know where this thought is coming from, and then tracing the path to the cause of that problem," says Bhatia.

Quoting her statement with an example, she says, "It is believed that people who have a lot of responsibility, or are given responsibility even if they don't want it, have pain in their shoulders. It is always

said, 'shouldering responsibility', so maybe some literally take it that way." Even pain in the back has to do with support (family, financial) issues.

Through hypnotherapy, a person reaches a completely natural state of mind. We experience this state many times a day without even realising it, and a hypnotherapist helps you reach this state. "In therapy, the patient slowly slips into a hypnotic state, the

mind is relaxed and our thoughts and emotions are no longer controlled by the conscious, which is the case when we are awake. As a result, our attention narrows down, and is focused on suggestions made by the hypnotherapist. This helps the patient to realise his inner feelings and all worldly troubles, pains and other negative thoughts are cleared away."

Definitely worth experiencing.

