



NEETA KISHNANI TELLS BINDU GOPAL RAO HOW SHE USES ALTERNATIVE TECHNIQUES TO HELP PEOPLE HEAL FROM WITHIN

The POWER Of The Mind

With health issues, whether physical or mental, on the rise, there is still much that needs to be done as far as stress and depression are concerned. Neeta Kishnani has, over the last 12 years, used the power of the mind to heal a plethora of illnesses through 'alternative healing therapies'. What she does is act as a facilitator to help you communicate with your own mind. Using techniques like Past Life

Regression, Clinical Hypnotherapy, Child Healing via Surrogate, Reiki, Aura Photography, Numerology, Graphology, Tarot Reading, Sound Healing, and Bach Flower Remedies among others she admits that she found her calling through an unusual intervention. The recipient of the Women of Worthiness (WoW) award for hypnosis in November 2019 tells us more in this exclusive chat...

What got you interested in mental health?

I used to meditate for an

hour every day for many years. One day, while meditating, there was a strong ray of light that entered my body and left me feeling absolutely blissful. I also heard a voice that said, "You have taken birth to be a healer." I could not understand what that meant then but a few months later, I instinctively started studying hypnosis.

People ignore stress and depression even today. How are you changing this?

People today lead very

hectic lives, so I do a lot of REBT (Rational Emotive Behaviour Therapy) counseling with them, something that helps them stop thinking irrationally. This is followed by affirmations as a lot of us have lost touch with ourselves. It is important to engage in one activity or exercise, so you can relieve yourself from the stressful life you are leading. There is a lot of inner child work that has to be done to collect all our scattered energy due to a past trauma. The root cause of the stress has to be



addressed by releasing unwanted energies from your aura.

How do you look back at your journey over the past 12 years?

My journey has been tough. After I completed studying hypnosis and started practicing hypnotherapy, my life still felt incomplete. So, I shifted my focus to graphology (handwriting analysis), something that helps us understand the subconscious mind. I then learnt energy healing. I did Reiki and Karuna® Reiki, became a master, and started practicing that in my life. Next came Aura Photography, Radical Healing, Neuro Linguistic Pathway (NLP), Conversational Hypnosis, Bach Flower Remedies and other techniques that I can integrate

to help people heal faster.

How do the techniques you use help treat a client?

I use NLP, REBT, Radical Healing that is connected to *chakras* as well as emotional empowerment and emotional freedom techniques where you tap all the meridians of the body to release emotions from the subconscious mind. All of these methods help you access your subconscious mind where your memories are stored. If a client is open to the therapy and willing to surrender, any issue can be addressed!

How does hypnotherapy work?

In hypnotherapy we take you to your

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subconscious mind that is 6000 times more powerful than your conscious mind. Once the client is in this space, we can change their perceptions, to help them look at an experience differently so that it is no longer traumatic. We make them disassociate from the trauma and release the emotions from their body, thereby healing themselves.

Tell us more about aura photography

An aura is an energy body consisting of major and minor *chakras* and it gives you visual evidence of all your *chakras*. An external aura is a projection of what we want the world to know about us. Using digital software, we photograph the aura of an individual and interpret it to find out which *chakras* are blocked and how to heal them.

What's next for you?

I would like to further study hypnotherapy and understand it better so that I can help my clients understand how powerful it is. I believe that if you heal your life now, you do not come back in another life with the same issues once again.

