

Fitness & Health

Cures from designs and images

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Alternative therapies are many and varied. Unlike established allopathic remedies, most of which seek to treat diseases symptomatically, these parallel therapies probe the mind-body connection to ferret out the root cause of the problem and treat it by resolving it totally and holistically.

Holographic repatterning is a relatively new system, the research of a dedicated American healer. According to Chloe Faith Wardsworth, a trained acupuncturist and polarity therapist, who has been working in the field of alternative healing for the past 25 years, most therapies work some of the time, but none work every time.

Holographic repatterning, developed by her in the late 80s, is one self-healing system that she claims works each time, with positive results. It is effective, quick and hence economical. By speedily accessing deep-seated negative emotions and attitudes present at a subconscious level, and thus pinpointing the underlying problem that would otherwise need many lengthy sessions of counselling, the HR process aids the client to get very quickly onto the path of recovery without unnecessarily stirring up traumatic experiences of the past. Chloe has had success with

people who have come to her with anxiety relating to health, career, relationships, blocked creativity, marital discord or frustration relating to unachieved goals and aspirations.

How exactly does HR work? Holograms, in fact, are three dimensional images basically made by shining a light on a holographic plate, which contains billions of images. It is the angle of the light that determines which image you see. Chloe suggests that the case is similar with human experience. It is the angle of our consciousness, or vision, that

determines the reality we experience and how we view events or circumstances in our life. Not all are positive and hence some give rise to negative blocks that can create stumbling blocks that affect every aspect of our lives. So it is that we often come to the point of feeling "stuck", depressed, frustrated, unable to move on. Holographic repatterning helps to shift this personal "world view" in a positive way to release blocked energy and thus aid a definitive self transformation.

As Delhi-based Dr Anthea Margi Backer, a fully qualified practitioner of HR points out, our problems are

in fact, the tip of the ice-berg, the tiny bit that we can see. What is hidden underneath is the block of ice, the negative patterns that are holding us back in our lives. Once these are identified, and "melted," self-healing energy is released; the ice-berg gets lighter and you find you are suddenly floating at a higher level.

This is achieved by a six-step process. The first stage prepares you to receive the session. For example, you may need to dissolve some doubts, fears or anxieties you might be entertaining about the therapy or

and beliefs causing the upset, while the next step then focuses on the self-healing modalities that empower our body mind system and melt the ice of these frozen negative patterns as Anthea describes it. The final sixth step of the process helps the client to take a small piece of action on his / her own to finally break deeply entrenched negativities. This is the final fine tuning, that makes sure that all the strains of the instrument are in harmony.

Accessing your sub-conscious, you might be thinking, what is this all about and how exactly is it done? HR does it through a process called muscle-checking which, in simple language, means the practitioners gentle pressure on the client's arm, which gives him / her bio-feed back from the body-mind system. This response indicates to the healer which way to move in the session, in accordance with a very precise and detailed database of holographic information.

Sounds interesting? Do you feel blocked or frustrated in any aspect of your life? Are you suffering from a chronic physical ailment? Do you wish to train to be a holographic repatterner?

If the biofeedback to any of these questions is positive, contact Nectar Healing Centre (Tel:6804385 / 1204) for further information.

Alternative Healing

your healer. The second step allows you to list the problems and goals you wish to work on. The third stage helps the client create a positive intention. This step can often throw up a few surprises because the therapy, in fact, accesses the unconscious to discover the most beneficial intention. A man who came with a business problem discovered that underlying it was actually a negative marital patterning; a woman with a chronic colon problem solved it by getting in touch with her desire for spiritual enlightenment! The fourth step of the HR process identifies specific unconscious patterns, thoughts