

29 January, 2014

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**To: All Members of MCCI Ladies Forum**

**All Members of MCCI**

Dear All,

**Re: Brief Proceedings of the MLF Session with Ms Neerja Poddar, Integrated Clinical Hypnotherapist, Metaphor Therapist, Emotional Empowerment Technique Therapist & Counsellor, on 'Hypnotism & Regression' on January 28, 2014.**

Please find attached the **Brief Proceedings of the MCCI Ladies Forum (MLF) Session with Ms Neerja Poddar, Integrated Clinical Hypnotherapist, Metaphor Therapist, Emotional Empowerment Technique Therapist & Counsellor, on 'Hypnotism & Regression' held on January 28, 2014 at Somany Conference Hall.**

Thanking you,

Encl:Attached below

Yours faithfully,

**Muroti Chatterjee**

**(Assistant Director General)**

**Brief Proceedings of the MLF Session with Ms Neerja Poddar, Integrated  
Clinical Hypnotherapist, Metaphor Therapist, Emotional Empowerment Technique  
Therapist & Counsellor, on 'Hypnotism & Regression' on January 28, 2014 at  
Somany Conference Hall**

MCCI Ladies Forum (MLF) organized a Session with Ms Neerja Poddar, Integrated Clinical Hypnotherapist, Metaphor Therapist, Emotional Empowerment Technique Therapist & Counsellor, on 'Hypnotism & Regression' on January 28, 2014 at the Somany Conference Hall.

Ms Divya Agarwal, Chairperson, MLF, while delivering the welcome address defined Conscious Mind as the First Layer of Human Mind which is responsible for our *Acts and Actions, Logic, Reasoning, Reactions, Spontaneous Emotions* and Subconscious Mind is the Second Layer which is the 'image /impression' of the conscious mind where all the '*experiences of our lifetime*' are stored. She elaborated that our **Feeling is the only one medium through which ideas**, are transmitted and conveyed to the subconscious level. So one, who does not discipline oneself to imagine and encourage happy and positive feelings may impress the subconscious with undesirable and '**eroding thoughts**'. She advocated the 'right frame of mind to control and confront our stress and strain with serenity' and **the need to be as positive as possible** since it is a proven dictum that a positive frame of mind produces chemicals that keep our **mind free and body agile**.

Ms Neerja Poddar said '**Brain is the hardware and Mind is the Software which govern our body and we act exactly as we believe**'. It is the **Belief System** installed in our Mind which has prime influence on our apparent actions since it makes the first interpretation of '**any feeling**' and categorizes it into a '**Pleasure or Pain**'. '**10-12%** of our logic, reasoning and analyses are governed by **Conscious Mind which is the Parent receiving 4000 messages per minute** and the rest by **6000 times more powerful Subconscious Mind, which is the child**'. Mind controls the chain reaction of a **Thought** felt at Conscious Mind, which is translated into **Emotions** and enters into the Subconscious mind through the Critical Filter, giving rise to '**Energy or Aura**', which in turn affects the '**Physical self**'. It is perception of a thought by the **Belief System, which matters in the end** and which should always be positive to have a healthy life. Whenever there is an imbalance between '**rule and experience**' perceived by the mind, '**issues**' germinate. It is by Emotional Freedom Technique or Thought Body (causal technique) the subconscious mind is freed of any '**negative perception or**

illusion' in the Hypnotherapy and is 'replaced by a positive emotion'. Hypnotherapy is a clinical process by which the conscious mind unlocks the door to the subconscious level and during the process of the therapy the control of conscious mind is 'reduced'. Regression Hypnotherapy, is the process of accessing the post birth 'modern memory' and of pre-birth intrauterine 'primitive memory' to 'find the root cause of the negative emotion' *embedded in the mind of the patient*. Depending on the 'severity and intensity of the emotion', the type of therapy is advised in an 'integrated way'.

She also guided the audience to the Three week course on Integrated Clinical Hypnotherapy under California Hypnosis Institute of India and also 'Self Empowering' workshops' conducted by herself .

The seminar was well attended by around 50 Participants comprising: MCCI and MLF members and Media.

- Muroti Chatterjee