



MINUTES OF ACT MEETING 19th MARCH 2015

Attendees: Dvorah Kadish, Karla Perentin, Jane Broughton, Emma Perris, Magdalena Lius, Justine Cooke, Gloria Else, Fatima Bailey, Pia Huber, Linda Carter, Amanda Cox

Apologies: Marian Fixler, Eve Rogans, Anne Harrabin, Christina Goldoni, Alison Courtney, David Carr, Victoria Busk, Sally Kean-Hammerson, Julia Davis, Nicola Salmon, Annabel Mitchell, Archana Patel, Vivien Fish, Elizabeth Jacovelli

Hema Vyas psychologist and hypnotherapist discussed difficulties with women becoming pregnant or connecting during pregnancies.

The main points discussed are as follows:

- Hema believes meditation is very important in her approach to clients.
- She works on a physical, emotional, mental and energetic level.
- She believes it is important to bring men and women into the relationship in fertility issues. Her biggest challenge is to make women feel that they are not alone in fertility.
- Hema discussed research done by Candice Pert into where emotions or feelings are in the brain. She discovered they were throughout the body not just in the brain. 'Molecules of Emotions' is her book.
- While clients relax the mind takes in things in an unconscious manner, but the body also takes in during hypnotherapy. Over time issues accumulate in the body.
- Hema believes women are holding unconsciously thoughts feelings and beliefs that prevent them from achieving what they want to. Until these are unveiled they cannot move forward as they create a block (which becomes a cause of disease).
- She works to uncover these blocks, and help women to connect to their hearts properly.
- Things that people have experienced that have not been metabolised over the years become blocks. (They may go back to early years or childhood.)
- If a patient has been physically checked and are ok to conceive Hema believes it will be an emotional issue stopping them. It could be a fear around pregnancy or from childhood.
- If the man is processing the lack of pregnancy in a different way there will be a block in the relationship. Women in this kind of relationship may feel negative and isolated and then blocks occur. Talking about it may help in these cases.
- Hypnosis assesses the unconscious mind to communicate with mind, body and heart. People hold onto anger, resentment, guilt and grief. In longstanding infertility cases women may have all of these emotions and blame themselves.
- Hema helps clients to work through these by helping people to accept where they are emotionally instead of getting caught in a negative spiral. She gives them a way to become empowered and relief from negative emotions. Often women will realise that their happiness does not depend on becoming pregnant. Thinking "I need this to be happy" in itself can become a block. There is no way to control it, but if they let go they things will flow better in the body and it can happen.

- Learning to trust the body's cosmic intelligence and feel connected with ourselves and the environment around.
- She believes that people are empowered with their own lives by becoming spiritual within themselves rather than believing a god has the power to make the decisions. More of a universal consciousness.
- Hema discussed 'Heart Math' a program in Boulder USA that has measured the heart energy. Perception of events are down to how we interpret it, due to past events.
- Relationship issues with partner, or own mother may often block fertility.
- She helps women to be able to move on to other things in life if becoming pregnant not appropriate. She brings women to a clear place where they can have acceptance.
- Hema works with a 2 goal system – one is the 'means' goal, and one is the 'end' goal. She will steer toward the end goal which is working towards a feeling (whatever it may be) to let go of unhealthy attachments.
- She believes communication key in couples to achieve a pregnancy, and letting go of blame of self or partner (which may be unconscious).
- In cases where couples at odds she will work with the partner that comes to see her to influence the other. She works on the relationship in these cases.
- She can work with couples in couples therapy to open lines of communication and hypnotherapy individually if relevant to the case.
- In hypnosis Hema works by relaxing patients on her couch to open the mind and body to receive information to help them understand things. She also connects on an unconscious level as well. The deeper people go into relaxation the more they receive the message to allow for healing or a release.
- Hema recommends meditation for everyone as she believes it connects to the unconscious mind and heart energy. She can teach to people who have not meditated before, or help to focus intention in those that have.
- She also recommends practising gratitude (eg keeping a gratitude journal) to reach a place of contentment. She may suggest people connect to what they are grateful for while showering daily. She believes gratitude is a vibration that we send out into the universe that comes back to us.
- She may recommend journaling if the client cannot verbally express what they are feeling. She may suggest a stream of consciousness, or a letter to someone that they cannot talk to (which they don't have to send).
- Or creative visualisation if they cannot journal to feel what it is they want to create in their lives.
- Hema closed with a group meditation as an example of her work.

Next Meeting: Wednesday 13th May at 19:15.