

Aroma way to wellness

The effervescent and upbeat Blossom Kochhar, cosmetologist and pioneer in aromatherapy, began by describing aromatherapy as a holistic approach to wellness and healing. Aromatherapy is based on the skilful use of pure essential oils that stimulate a natural regenerative process in the body and harmonises the body-mind-soul. Pure essential oils are fragrances that have therapeutic properties, and can be extracted from flowers, herbs, fruits, spices, and bark of trees.

Aromatherapy uses a range of essential oils that include basil, benzoin, camphor, cedar wood, cinnamon, clay sage,

Blossom Kochhar: the finer points of fragrance



camomile, coriander, cypress, eucalyptus, frankincense, geranium, ginger, grape fruit, jasmine, juniper, lemon, lemon grass, myrrh, nutmeg, neroli, orange, patchouli, petit gram, peppermint, pine, rose, sandalwood, and ylang ylang. As she passed around the bottles, and everyone sniffed into them, the sense of well-being was palpable, and the atmosphere redolent with scent. Wellness then is just a whiff away in small dark bottles that tantalise with their fragrance!

Empowering the brain

The NLP session conducted by Siri Guru Prakash Kaur Khalsa and Sat Puram Singh Khalsa, Directors of Alphastars Tap New Age Foundation, started with the facilitators encouraging participants to introduce themselves, to break the ice.

The NLP workshop helped participants understand that if an idea is con-



The NLP duo

veyed to the brain in a precise manner using sensory words, it will remember the command and execute it efficiently, enabling us to be successful in every arena of life. The session concluded with a live demonstration of the effectiveness and power of NLP when a participant was able to easily break a block of wood with a single movement of his hand, under the influence of sensory and powerful communication by the NLP trainer, Sat Puram Singh Khalsa.

The power of forgiveness

“Non forgiveness is like drinking poison and waiting for the other person to die!” exclaimed GL Sampoorna, emanating a quiet serene presence.

Forgiveness heals. That was the simple yet radical premise on which this workshop was based. Using experiential techniques, songs and activities ably augmented by her own simple nuggets of wisdom, Sampoorna introduced us to the world of ‘radical forgiveness’ – a world where letting go of the past opens up limitless possibilities for the future. Her approach is derived from the work of Louise Hay and Collin Tipping.

We also learnt a whole new way to look at the problem areas in our lives – focussing on the positive intentions behind people’s actions, and looking for

Sampoorna on the power of forgiveness



the opportunities for growth and healing in every adversity.

The session was peppered with her own personal anecdotes and learning over the years. “Don’t forgive and forget, rather, forgive and remember and use this experience for your own growth,” was her message.

Abundance all the way

Like a dammed river, blockage of energy flow creates imbalances that result in disease and stress. The human brain and body operate electromagnetically. Using this premise, energy psychology, a holistic approach to healing, addresses the complex and hidden relationship between emotions, thoughts, behaviour, and thereby its implications on health and wellness. Although psychological functions involve thoughts and emotions, at a fundamental level it involves bio energy.



Jasmine Bharathan on energy healing

Not only our minds but our bodies too have memories – cellular memories. The body is a repository not only of personal pain but also ancestral, dating back to generations of family members. When this happens, we carry the past with us, much like an albatross around our necks. According to Jasmine Bharathan, who held the workshop, recognition of the non locality of memories and conscious healing helps us to reconnect with parts of us that are dead, frozen or atrophied, and thereby help us integrate the event.

One such energetic intervention is Tapas Acupressure Technique (TAT), developed in 1993 by US-based licensed