

dial-emma

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Artistic inspiration through hypnotherapy

SAUMYA BHATIA

THE ASIAN AGE

Not many of us seek help or guidance from our inner or higher self, to tap into a creative reservoir. Recently, English rock band Coldplay are believed to have experimented with hypnotherapy to unleash their creative powers in the process of creating their next album. An interesting method employed by the frontman Chris Martin and his bandmates to let loose during writing sessions for their latest release. It's not uncommon for creative people to seek inspiration, ideas from their subconscious mind. We checked with hypnotherapists to understand this phenomenon.

According to psychotherapist and hypnotherapist Mallika Bhatia, more and more people, especially those in the creative field have come forward to explore their life purpose through hypnotherapy. She shares, "An artist had come to me some time ago to seek help for relationship issues. During regression session with her, she saw herself as an artist in one of her previous lives nearly 100 years ago. We didn't look deeper into it as it wasn't her core issue. But a few weeks later, she asked if she could pick up painting techniques from her life in that era as an artist. So, she went into regression and learnt few techniques. She said later, it had helped her immensely in her career."

For those who believe or fear that hyp-



English rock band Coldplay

English rock band Coldplay experimented with hypnotherapy to tap creative reservoir of knowledge

nosis is life threatening, Dr Bhatia clears the air. "Hypnosis is a guided meditation, where a therapist gives suggestions to the client and helps him/her achieve a relaxed (hypnotic) state and access the subconscious mind. We all know meditation increases one's productivity and it's a safe technique but must be done under strict supervision," she says. Spiritual healer and practicing hypnotherapist Sharmee Bhuta-Divan reveals she

discovered her life purpose while she was learning to be a hypnotherapist in 2009. She says, "It may seem strange, but during a practise session, I went into my past life where I was a healer in Greece and due to growing fear among the church, I chose to kill myself with crystals. This clearly explains my love for crystals in this life." Sharmee recalls being visited by a young girl who wanted to change her current profession and pursue art. "I did her past life regression and removed few blocks, and during one session, I saw her father in the astral plane who not only apologised for blocking her path but also encouraged her to take up art as

a profession. Not only did she take up painting lessons but has now discovered the artist inside and is an established artist today," she says. However, it's not necessary to opt for hypnosis to seek wisdom. Like Dr Anjali Chawla, hypnotherapist, points out. "One of my clients saw herself as a painter during past life regression and took to painting. She suddenly developed interest in painting, she wasn't seeking it." Somehow, we all seem to forget that it's all in our minds. Whether it's a mental block, fear, lack of confidence, putting our thoughts together and releasing negative energies helps us view life from a different angle.

During regression, she saw herself as an artist in one of her previous lives nearly 100 years ago

DR MALLIKA BHATIA PSYCHOTHERAPIST

Imtiaz is on a creative spree

AGE CORRESPONDENT

Imtiaz Ali doesn't believe in wasting time. His much-awaited film *Rockstar* released this Friday and the filmmaker has already hatched a deal for another film. Imtiaz has come on board as the creative producer for the official Hindi remake of the 2009 South Korean romantic action comedy film *My Girlfriend is an Agent*.

The film, which is a UTV Motion Pictures production, will also mark Imtiaz's wife Preeti Ali's foray into film pro-

duction with the recently set up production house PI Films. Besides that, choreographer Bosco of the Bosco-Caesar duo will debut as a director with this film. "It is very exciting. It seems like full on fun — both the film and the filmmaking process. Most exciting for me is that Bosco is directing it. I don't think many people know how to put fun on screen like Bosco. And I'm there to add to the chaos and trouble for PI Films and UTV at every step of the making," says Imtiaz. The film revolves around the

story of two spies, once in love but now at each other's throats, on a mission to stop a Russian crime group from stealing an advanced chemical weapon. Commenting on the development, Siddharth Roy Kapur, CEO of UTV Motion Pictures says, "It's great to be collaborating with Imtiaz, Preeti and Bosco on this really exciting project. The day we saw the original film, we knew it was something we just had to remake in Hindi. The lead characters are so endearing and the situations they find themselves in so hilarious."

