



Aarti in Wonderland

Aarti Gupta attended the 'I Can Do it' conference organised by Louise L Hay in America and was mesmerized by the love and powerful insights she received there

Close your eyes for a moment and wish for the impossible to happen. Now open your eyes, and eureka, there it is. I had this very experience recently on my trip to the US.

An experienced teacher, counselling psychologist and Reiki master for over two decades, I have been preaching the teachings of some of the biggest spiritual masters in modern times – Louise Hay, Dr. Wayne Dyer, Dr. Brian Weiss, and many more. I have counselled hundreds of distraught individuals

through the insights of these great ones, and witnessed them rediscover their lives. As my clients showered their deepest gratitude on me, I have often basked in reflected glory. Personally, my life has been a manifestation of these teachers' wisdom. And now, lo and behold, they were right there in front of me, breathing the same air as I was!

It happened when I attended the 'I Can Do It' conference in Denver, Colorado, USA in March 2014, organised by Louise Hay's organisation. My idols – the key speakers at the workshop – shared strategies and techniques for developing and deepening relationships, spirituality, health, wealth, intuition, self-esteem and

passion. From a modest home in suburban Mumbai, where I was privy only to their books, videos, and discourses, here I was, having conversations with my masters in the United States of America! Yet, in that star-struck environment, I held my own. Clad in my favourite bright and crisp saris, I was humbled when stalwarts enquired if I was of Indian origin, and wished me 'namaste' in their unique style. The pride I felt for my country was indescribable. They acknowledged that I belonged to a country where many of these techniques had originated.

The event location, the Colorado Convention Center, is a stunningly beautiful building in the heart of downtown Denver. While there was a diverse audience of 4000, 90 per cent of who were women, there was a palpable oneness that bound us all. I interacted with Louise Hay, Dr. Wayne Dyer, Doreen Virtue, Radleigh Valentine, Dr. Brian Weiss, David Kessler, Panache Desai, Tim Ryan, Alex Woodard and a few more. I was amazed at their excellent listening skills and down-to-earth demeanour.

Dr Wayne Dyer

During his keynote address, Dr. Wayne Dyer, author of the best-selling *Change Your Thoughts Change Your Life* and many others, shared his life's struggles, and rearview reflections. Dr. Dyer reminded us how the lowest points in our lives were our greatest teachers, and how storms provided us the immense physical, emotional and spiritual experiences needed to climb greater heights of joy and fulfillment. When Dr. Dyer spoke, it was like listening to an elder having a personal conversation with his loved ones in the family. Later, as he sat in front of me, I felt a distinct surge of energy in me, and was ecstatic when he expressed his love for India during my one-on-one conversation with him.

Dr Brian Weiss

For years I had read every book written by American psychiatrist and father of past-life regression, Dr. Brian Weiss, whose work includes reincarnation, past-life regression, future-life progression, and survival of the human soul after death. As a traditional psychiatrist, Dr. Brian Weiss was astonished and sceptical when one of his patients began recalling past-life traumas that seemed to hold the key to her recurring nightmares and anxiety attacks. Using past-life therapy, he was able to cure the patient and embark on a new, more meaningful phase of his own career. His fascinating experiential workshop introduced us to a unique way of healing. Now, here he was, in person, greeting me with a 'namaste'. Time stood still at that moment.

Tim Ryan

One of the most practical talks was from US Congressman Tim Ryan. I instantly connected to the teaching of the Buddha and the importance of mindfulness in the path of enlightenment. I jotted down the

ideas and techniques which he is working on to impact the US, to impact India in my own small way. My country needs it so much too!

Alex Woodard

Many claim that music is as effective as meditation. Take singer-songwriter Alex Woodard's case. His song '*Sometimes A Letter Is Like A Prayer: It's More For The Sender*' was conceived after the death of his best friend, a Labrador named Kona. He invited his listeners to send him letters meant for their lost beloved. As the letters poured in, his life changed dramatically. He composed songs on the emotions expressed in the letters and they became huge hits. Those letters evolved into a book, and an album featuring Grammy winning artists, and live sold-out shows.

David Kessler

Author of the recently released, *You Can Heal Your Heart* with Louise Hay, David Kessler discussed the emotions and thoughts that arise when relationships fail or when we lose a near one to death. When a bond ends, we must find new, positive ways to grow different patterns of love, he insisted. When we grieve for the departed soul, we can mourn without getting stuck in the suffering.

David inspired an extraordinary new way of thinking. People learnt to harness the power of their grief, find peace, and heal their hearts. Some of the instances shared by people moved me to tears. When David asked those who were grieving to raise their hands, I was shocked to see the huge response. I realised that people worldwide shared the same lives. I prayed for all of them, as I connected to their grief.

Panache Desai

In his session, Panache Desai guided us to access our vibrational beings. He explained that we were extraordinary vibrational beings and our distinct resonance informed our reality. The signals being sent by our beings get reflected back to us. Sadness, ill-health, financial limitations - were a result of suppressed or repressed vibrational content. We have the power within us to shift it all, beginning NOW.

At the end of his energetic session he took us through a meditative trance by playing 'Shivoham' by Deval Prema, signifying the importance of 'I am that'. The energy of the space changed. Deep in meditation, I didn't realise when I had started singing it. When the chants ceased, people came impulsively to



Louise Hay confers with her colleagues as Aarti Gupta looks on

me, spoke, and exchanged warm hugs. With all the barriers of caste, creed and country having melted away, there was a strong sense of connectedness among all of us in the room.

Doreen Virtue

This one-day workshop was enlightening. It taught us symbology and the art of using angel oracle cards. Though I've been using Angel cards for over 15 years, this was an opportunity to become a certified Angel Healer.

Earlier, during my trips to Central Park and the Buffalo Bill museum in Denver, I had experienced something when I saw horses. I discovered through Doreen's guided meditation that horses were my animal angels. Later, I was astonished to see a beautiful painting of a horse at our coaching venue. This time right in front of me. It was as if the horses, my angels, were making their presence felt and talking to me. That wasn't a coincidence! It was synchronicity.

Tara Stiles

Tara, emphasised how our own rules were the most restrictive. We build walls and form bubbles that hold us back from living healthy, happy and radiant lives. She introduced us to her exciting teaching of Vibrational Mastery that deals with how to change our actual energetic vibration, and stop "short-circuiting" our spiritual and emotional power.

Anita Moorjani

Anita's session was on the power of transformation. Immobile in the last stage of cancer, Anita entered a new dimension where she experienced complete clarity and understanding of her life's purpose. This subsequently resulted in a remarkable and complete recovery of her health. Anita's riveting talk was

highly inspiring and reinforced that living life from a place of pure love and joy was the only way to be.

Robert Holden

The author of *Lovability: To Know How to Love and Be Loved* stated, "Your destiny is not just to find love, it is to be the most loving person you can be." The maths of love is simple: the more you love, the more you enjoy happiness, success, abundance, and all good things in life. Conversely, not loving enough is the root cause of every problem and conflict in your life, and on our planet.

Louise L Hay

Saving the best for last was my divine interaction with Louise Hay. Most readers would know Louise, who is a best-selling author and owner of Hay House, a publishing empire. Hers has been an unbelievable and incredible journey. From an abusive childhood to becoming a role model for millions, her life is a living example of the power of mind.

Divinely guided, I followed my husband out of a not-so-interesting session. And behold I saw Louise chatting with a participant. It was my namaskar that drew her attention. The ice broke when she asked me if I was from India and we got talking. She complimented me on the saree I was wearing. In humility, I accepted it and shared with her my work in India - one that entailed her teachings. I told her that she had been my guide for many years. All ears, and with childlike wonder in her eyes, she listened to me and seemed mesmerised with my inputs. In her late 80s, thin, blond and ebullient, she had a naughty glint in her eyes when I took her hand and kissed it as my expression of love and gratitude. So gentle and yet so powerful, a giant among masters in contributing to so many lives. Her look and those fleeting moments will remain etched in my heart forever.

Standing in the midst of heightened action, suddenly my mind slowed down. A vision of my late Reiki master, Ela Ghosh, smiling at me, left me bewildered. She had introduced me to Louise's work way back in 1997. Was my Reiki journey meant to play out like this? I had no answers. All I could figure out was that if I was being prepared for this moment for decades, it had been worth it. The ways of the Divine struck me like a bolt of lightning. Yet again!

My core task now will be to nudge my clients to follow their bliss. After all, that's what led me to this life-altering experience in Denver!



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