

# — Beyond — Placebo

Harness the Power of Your Words



Sukhendu Mandal PhD



SUKHENDU MANDAL PHD

# Beyond Placebo

*Harness the Power of Your Words*

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*First edition*

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# Acknowledgment

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I acknowledge all the Great Yogis, Spirituals, and Mystics in this sacred land those who selflessly served humanity for eons.

I thank all the Teachers, Masters, Healers, and Coaches who played a direct or indirect role in creating this work.

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Dr. Samir Chandra Das ([www.dr.samirchandradas.com](http://www.dr.samirchandradas.com)), a Kolkata based senior Consultant and Hypnotherapist, played a major role in shaping my understanding of the secrets of the Subconscious mind. I am grateful to him for sharing his practical knowledge and wisdom in Hypnosis and other Alternative Medicine Systems.

R Ramesh Prasad, Master Trainer of Neuro-linguistic Programming and Founder of Onefluencer ([www.onefluencer.com](http://www.onefluencer.com)) NLP Training and Coaching induced the idea of Power of Communication in Healing. NLP tools taught by him were invaluable in this project to identify and understand the working of inner programs.

# Healing Sessions

The final chapter shares 60+ healing codes that cover the following aspects:

**Body :** Detoxification, Self healing, Meridians, Muscle and Skeletal healing

**Emotions:** Feelings, Emotional body, Clearing old debris and stuck states, Releasing Stress, Grief

**Mind:** Mental body, Transformation, Obsession, Insecurities, Cognitive distortions

**Spirit:** Chakras, lightbody activation, Soul retrieval, Exorcism, Self realization, Karma Healing, Ancestral work, Past life

**Trauma:** Inner child, Early childhood trauma, Sexual trauma, Reparenting process, Generational Trauma

**Abuse:** Narcissistic abuse, Gaslighting, Victim patterns

**Relationships:** Self and others, maintaining healthy boundaries





## Testimonials

F. Z. – Germany

This is a great book. Sukhendu Mandal first book combines spiritual wisdom with science. The book shows a great understanding of human inner processes and gives tools to create positive shifts and healing. I am trained in various western and eastern spiritual traditions and techniques and can definitely advise his book and the inherent Placebo Codes. They are easy to use, effective, and you need no special training to use them. I used them for a while and can confirm good healing results in my life. Sukhendu's work is open-minded and comes with very little dogma.

The psychological point of view this book shines on the general topic of development and ascension helps to overcome blockages in the own development process and the energetic work to accelerate growth and speeds up the enlightenment and ascension process. It shows how placebo effects can be utilized and gives a meta perspective on spiritual traditions which

is needed in this time to overcome the boundaries spiritual traditions cast on people while also acknowledge the potentials and gifts these traditions gives to humans.

I worked with most of the included healing codes and I like the results. From my perspective they reach an effectiveness which is beyond placebo effect. The power of words which is known by any sincere seeker also western and eastern mages, mysticals and gurus are combines with the knowledge about human behavior and psych are used to create powerful healing and transformational effects. This can enrich everyone's life. So I'm gratefully looking forward to the next book.

\* \* \*

## Catalina AngelCo-Founder and CEO of Artists with Money

Huge Consciousness Shifts!!!

The body of worth that Sukhendu Mandal PhD provides is astounding!!!

His Placebo codes teaching and training sessions are designed so that a person will be able to apply them with grace and ease while receiving direct rapid results. The caring, authenticity and integrity of Sukhendu is felt at every cellular level of beingness that allows your personal journey in life to be lifted out of old stuck density forms into the blossoming realization of the "Real You"!!!

I feel truly honored to be able to provide this testimonial for Sukhendu's newly released book Beyond Placebo because

## TESTIMONIALS

I have personally experienced the profoundness of applying the techniques into my own life that have brought much happiness, joy, pleasure and success with my artistic goddess consciousness.

Thank you + Much appreciation Sukhendu for being so dedicated to assisting humanity at this time with your fully focused helpfulness of writing this new book.

\* \* \*

### J. R. - Bangalore India

I have been using these codes for more than two years now and have had significant experiences with them. Cleansing and clearing of blocked emotions, upliftment of mental, emotional, physical and spiritual states, feeling of freedom are few of the countless benefits that I have come across. I have been able to connect with myself better, have been able to understand my inner guidance and suggestions for my highest good.

In various instances, using these codes have made me realize/identify the root causes of certain challenges that I have been living in my life over and over again. Working with these identified causes has helped release the cyclic unpleasant experiences from my life. Our life is a result of millions of small things that occur each day. Without our realization many of these incidents leave a huge impact on us which brings pleasant or unpleasant experiences into existence in our everyday life.

These codes provide a mechanism to work on ourselves in a structured manner to improve the quality of our life. I enjoy experimenting, playing and working with these codes. These

have helped me tremendously and I hope everyone is able to experience these wonders in their lives as well.

\* \* \*

## S.C. – Mumbai, India

Coming across Sukhendu's healing technique has been a blessing. Not only has it relieved many uncomfortable experiences quickly and permanently, but also helped greatly in my personal evolution.

The Codes are extremely easy to imbibe and equally effective. At some unknown level, they directly impact the issues that has surfaced and needs to be overcome.

Practicing Sukhendu's technique has vastly influenced personal relationships in an empowering manner, and has helped me much in my relationship with myself.

A truly empowering journey with the codes, which addresses every aspect of life and living.

\* \* \*

Siddhartha Bordoloi (Author of GURU SHISHYA SAMVAD) – Guwahati India

I underwent all the sessions provided by Beyond Placebo. These sessions help a great deal in one's healing and upliftment in all aspects physically, mentally and spiritually. While undergoing the sessions I felt tingling and rush of energy in various body parts. It feels really good after the sessions.

I can say these sessions help in releasing the traumas, grief, sadness, feeling of guilt etc.

One must go through the sessions to experience the effects firsthand.

\* \* \*

## Feedback 1

I AM aware of my higher bodies and higher dimensions and other spiritual things for example I can perceive time in a nonlinear way.

In my experience i felt that the ascension codes helps to strengthen my connection with the higher worlds. I felt many energetic sessions while using them and also shifts in consciousness while and after wards. So also some blockages could be healed with it and my overall health increased.

The ancestral code was a very positive experience. I saw and felt how all my ancestors were reconnected to source in all timelines. This was really a reweaving of history and a great blessing to me and to the world.

(Feedbacks edited only for grammar, spelling and right name

of the code)

\* \* \*

## Feedback 2

Simple, step by step ascension program covering various areas of healings. Being energy sensitive, I could feel energy flow while activating ascension codes. As with any energy work, while moving to higher levels more releasing happens & also intensity of energy increases, which was difficult to deal with for some time. After almost completing the final codes, new healing opportunities opened up totally unexpected which was really helpful. Since each level could be activated just by saying corresponding keywords, this could be one of easiest way for anyone interested in Ascension journey.

\* \* \*

## Feedback 3

I had a great experience with the code \*\*\*\*\*. It is really making calm the mind and leads towards “Samadhi”.

(Code removed)

\* \* \*

## Feedback 4

This is an altogether new experience for me. The codes are simple to use and the effect are instantaneous for some codes. Though sometime it feels like the codes are not working but it continues its work in the background.

The first code was most effective with respect to the feeling. Immediately the body starts vibrating and I was able to feel the huge rush of energy through my body. It also relieved the chronic knee pain overnight.

Another code put me to trance. It felt like I was floating through a cool, serene Vacuum and was untouched by the conversation and happenings taking place surrounding me.

\* \* \*

## Feedback 5

The ascension codes I used initially did not really affect me in any conscious manner. I did not feel any physical impact at that time. However, over time I found more clarity in answers and what was expected, found myself in places where it was necessary for me to move. Got answers while working in office. In short, I became more aware, and willing to live with that awareness.

\* \* \*

## Introduction

Beyond Placebo began as a writing project on the ancient yogic system and spiritual sciences. The sole purpose of this project was to unravel the ancient yogic knowledge and bring it to a scientific understanding. The information collection started with all available resources of spiritual teachings, yogic systems, and ancient medicine. Furthermore, this information has been filtered through the knowledge of human behavior and other psychology-based tools. The work largely depended on the spiritual behavior of masses, and feedback about their core beliefs, experiences, and lifestyle. The information collected is filtered, experimented with, and generalized before being shared.

The protocol was simple. Travel, meet people, learn about the culture, participate, meet more people, learn about different beliefs and realizations, communicate with others, invite participants to seminars, share what is already known, upgrade the information, try the beliefs and reach the core of the behavior. After that, refine the core understanding and check for any transformation in behavior and positive effects. If the



information has upgraded to a healthy outcome, a lot of positive responses will be seen during the seminar and days after. This positive response is the outcome of a shift in beliefs, habits, and patterns of a person.

Also, this project has developed tools that were the results of interaction with deep spirituality and inner work over the past two decades. This book is written with years of experience in Yogic systems, healing modalities and behavioral tools, reading and analyzing behaviors, coaching, and interaction with a number of yogis, healers, coaches, and spiritual masters.

This work is by far unweaving of Beliefs and targeting the Logic behind it. Though not everything could be answered, a part of human potential and its effect on different aspects of life could be understood. Some of this information has been transformed into practical tools that anyone could apply to transform their life.

The Human potential has been expressed as something that allows to create the life you desire, experience optimum health, and achieve everything with ease. The core theory is, you already have it active, and there is no extra effort needed to tap into this potential. All that is required is clearing any disruptions in the working of this inner potential. This book emphasizes some available resources that help in clearing the stress and emotional issues that block the flow of the inner resources. Trauma being the major disruption and block to this potential in humanity.

The placebo effect is one prominent example of this Human potential that could be applied in any and all aspects of life. This book shares a behavioral trait that has the potential to transform the mental and emotional well-being, heal any distortions, and protect from further damage. It would affect your relationship

with self and others in a positive way. The final part of this book offers few programs that could assist in releasing core trauma, effects of abuse, dysfunctional behavior and attitude, correct personality disorders, and create a lasting transformation in all aspects of life.

The overall focus is to assist every reader in reviewing and realizing how the mind chooses every aspect of life, and empower them to unveil the natural potential one is born with to live a life of Joy, Peace, and Growth.

This first book is a launch of this project, and it holds some powerful key information to begin the path of transformation. Though these tools were developed in working with some very advanced spirituals, the key information is powerful enough to create transformation for everyone.

The second book will be focused on the travel stories, and understanding the spiritual consciousness at different sacred sites in India. This book holds the conscious connection to the Spiritual initiations created by ancient yogic systems.

The third book has one essential tool found over the years. This is understood as an Initiation to awaken all yogic knowledge and inner tools needed in the path of transformation. It holds the entire process of Self Realization and Awakening.

The next book is about deciphering the process in the above tool. It is unique in a way that the Spiritual Initiations that take years are shared in the form of a set of Placebo Codes.

There could be later books that will be about applying the work of realizing self in different aspects of life.

\* \* \*

## Story Time

Sometimes back, I believed I was digging a gold mine. Then I hit the crust of a volcano and what erupted out were rotten outdated programs held under layers of trauma, abuse, and oppression. This was seriously traumatizing.

Even if the book shares information about Human potential, the Placebo effect, and Yogic systems. This is a pure unraveling of Collective trauma that humanity experienced and is still managing for eons. It is not about the seekers or beginners in the yogic path, but those who served 2-5 decades in it brought it up. Not just one or two but dozens of them and for years. It took some time to point out why such advanced yogis are still stuck with human suffering and trauma. And they seem to suffer much more than the common man.

Some moment it made me feel this entire spirituality was a trauma response. This seems both an outcome of trauma, it holds and manages trauma and it would spur up trauma response and defense mode when questioned. But then this also seems the only path of cure. Because this managed and held it protected for so long, chances are this layer of consciousness has the cure for the entire humanity.

This project was not directed to trauma but it cannot be ignored or lied to. The path of transformation and self-realization has this roadblock where every seeker will meet this layer at some point in time. When it comes to the common man, this layer equally blocks the flow of life and inner resources.

This book was decided to hold the needed information and support of the Yogic knowledge to heal and release this trauma at a Collective level.

BEYOND PLACEBO

\* \* \*

### 3

## One tool that Transforms Everything

*Logic based on Ignorance cannot be erased in light of Knowledge.*

This is one of the most advanced tools developed over the years working with the spiritual masters, some higher initiates in this country and around the world. The process of spiritual awakening and the later aspects of life for these spiritual initiates relate to this tool a lot. Higher initiates are known to have an enhanced level of inner potential that creates spontaneous manifestation and effect of each thought and emotion. This tool was developed to assist some of these higher spiritual initiates in maintaining a balance between the practical and spiritual consciousness as well as stay clear of any contaminating mental programs.

Though this program was originally shared for these people, it holds the potential to transform all aspects of life for anyone. It sounds simple, well talked about, and not that interesting to most people but the magnitude of change it offers makes it

worth trying.

This tool transforms the mental and emotional well being, aligns the learning process to a healthy purpose, keeps each and every thought and choice in check, clears and corrects any mental and personality disorders, protects from falling prey to negative people, and releases effects of long term trauma and abuse. It affects your relationship with self, the type of partner you attract in your life, your personality development and growth in all aspects of life.

There is a fun way to activate and apply it, once and for all.

The tool is called Discernment. One may check the dictionary meaning for a clear personal definition. This book has other powerful sessions, but they fall short in their application when compared to this one as it covers all dimensions of reality.

This substantial tool has been shared at the very beginning of this project so that the readers stay aware of their purpose and aligned with their outcomes. It is easy to lose sight of purpose when taking a path of inner work. Every day there is bombardment of a vast amount of information from the environment. Some of this information is useful, some of it is fairly useful while a large part of it is dysfunctional. To not get carried away and end up at some undesirable point in life, one must master this one tool in consciousness.

## Mental Contamination

Any piece of information that is not serving a useful purpose in your life, well-being, and growth is a contamination. What serves a purpose for you depends entirely on your desires and goals. But the available information is not always what is needed. It has both useful, neutral, fairly useful, useful for

now, misguiding, and dysfunctional information.

The conscious mind acts as a traffic controller that directs and filters the information, however, the subconscious does not filter anything once it is allowed inside. This is an important deciding factor that structures your belief and perception. The later part of life experiences will get filtered by this primary information.

The major problems in life are generally created by self with the use of dysfunctional information. Almost every problem in life enters through this path and when the lessons are complete the corrections take a similar path.

What if you could cut off all the negative information fed to your mind? Where do you think your life would be?

Developing discernment and healthy boundaries early cuts of the trouble and unnecessary work by more than 90%. One does not know when the mind collects some piece of information and then later applies it to their life because this happens at a subconscious level. Though there is a natural defense system that controls what reaches the subconscious, a lot of unnecessary information does reach in and show up in your life. The mind generally rejects anything that triggers negative emotions. But there is a lot of dysfunctional information we get served every day with a positive outlook. Generally, this is the type of information that intoxicates the inner programs.

## Purpose of Discernment

In a word, it is a firewall that covers all dimensions of your consciousness.

You get the enhanced protection at a conscious level from interaction with negative information. Your level of discernment

will signal off any unhealthy information being served to you. When your mind has been trained to filter the good out of the bad, you know what to choose. It saves your time, energy, and resources. Most people end up with the wrong choices because they lack a radar system. This attribute is the finest one that can help you pick the right thing from a haystack of offered information.

Your ability to discern also applies to your daily habits and behavior. This allows needed corrections wherever needed. The emotional changes are clearly noted in any environment and situation. This supports emotional well-being as well it can correct emotional issues.

Personality disorders link back to extreme negative emotions, experiences, childhood trauma, and abuse. Staying in check with discernment creates the ability to correct any such hidden traits in the long run.

What type of people you allow in your life also depends on personal choices. Discernment allows you to develop the healthy boundaries needed to keep yourself in a healthy space and maintain a positive relationship with others. Generally, you become aware of harmful, toxic, and mean people with the type of emotions triggered during interactions. Narcissists, psychopaths, and other toxic personalities have certain tendencies that would signal red flags. These types of people are unidentifiable until someone falls a victim to their abusive games. If you are already in a cycle of abuse with such people, you will soon find them stepping off your space. These people hate something, which is a well discerning person with healthy boundaries and total control on inner resources.

The choice of partner is generally a subconscious one, and the trait of refined discernment also affects the type of partner



you attract in your life.

Problem-solving and coping strategies also get enhanced due to the ability to choose the right emotions during a time of difficulty.

Then for the spirituals, it serves as a multidimensional protection system in the process of self-realization and awakening. What one can give is what one receives, and so this also cleanses the cause and effect programs in consciousness. Once your karma is balanced, it is only a matter of time to take the path of transformation. These programs would be your guiding force even after the process of awakening.

And the bumper round, this trait upgrades with every lesson and life experience.

## Need for Discernment in Spiritual Path

Especially when taking the path of consciousness and spirituality, this becomes all the more critical. You will meet steep belief systems, and cyclic philosophies that once trapped in may take years before you find out that you are stuck in an illusory dysfunctional reality. The assurance levels of dysfunctional spiritual teachings are high enough that soon you begin to experience those teachings as reality. Much of it might sound good in the beginning, but the long-term outcomes might not be what you truly desired. And if you are not discerning enough, you may end up in one of the many rotten niches hosted by a self-proclaimed guru or a group of similar-minded ones.

Then, the mind is always at play. You lose your focus, and a new play begins. It is easier to train your mind in the beginning rather than try to train it after handing over powerful weapons. If you are already aware of the new age spiritual teachings, you

will find a lot of savage information and belief systems that have nothing to do with spiritual growth, consciousness, or healthy life. This information is all over the internet, books, followed by most people and groups. People who get into these teachings and projections begin the journey of spiritual distortions experiencing otherworldly trouble and problems.

Then there are the new laws the enhanced mind must realize. The spiritual side has its own laws that do not apply initially to a beginner. But soon the higher laws will take over, and any action has its consequences. The damage is far deeper than when acted from a mundane state of consciousness.

## Healthy Boundaries

This is the other trait that is parallel and develops naturally with discernment. It helps to maintain a healthy mental, emotional and social life. This applies much more when a person decides to take a spiritual path. Human interaction allows receiving and transferring a huge amount of information every day. If the information is not in alignment with what you desire from life, chances are you will get carried away with that information and will have little to no resources left for what you desire. Your boundaries decide how people treat you and the management of your inner resources. Your boundaries designate your inner values, how you treat others, how you wish to be treated, flexibility in the above, what and how much you allow in your space, whom you allow, and multiple folds of finer subtle awareness. These finer levels develop with time and experience.

A classic trait of a negative or toxic person is they do not have/respect personal boundaries. At the same time at a subconscious level, they stay away from people with healthy

and balanced personal boundaries.

Another point here is, being liberal with your time and resources may feel like being a good and kind person. However, for some reason, if you are over-giving, over caring, and too much available to everyone, you tend to attract people who take away resources from you, drain you emotionally, and never show support when you need the most. At the same time, the right people are slowly lost from your life. Slowly and steadily you tend to become emotionally negative as your inner resources deplete.

## The Multiple Dimensions of Discernment

Discernment itself is not a single trait. It is based on multiple other values as well as assist in developing these other healthy programs. Multiple traits come along during the learning process of this level of inner mastery. The filtering points of discernment are also attributed to these traits. Some of them are listed below.

- Honor
- Humility
- Truth
- Respect
- Compassion
- Forgiveness
- Love
- Joy
- Harmony
- Balance
- Integrity

- Courage

## Developing Discernment

Developing discernment is easier said than done. It is a lifelong learning process. This book shares the application of discernment like using a placebo effect, and that makes it a simple to use tool. There are multiple other sessions in the Placebo codes chapter that are used similarly.

### **Session**

- This session is best done before sleep
- Prepare for sleep
- Lie down on the bed
- Relax
- Say to yourself, “I choose to live with **Discernment** in all aspects of life.”
- Allow yourself to be relaxed.
- Stay in that state.
- Sleep

This is a one-time process, and you are done when you get up. There is no need to push yourself in this session. Trying it once is all it is needed. There is no right or wrong way. Trust the process. The seeds are sown on fertile land, and the mind does the rest in time to come. You can use this process for any other behavioral traits with a basic understanding of the proper definition.

## What to expect

One does feel changes in a short time and almost the very next day. Then there are synchronous events that align with the trait chosen. One might find more information related to it or experience past events in memory/emotions or events happening around. The changes in emotions and feelings are evident.

If certain things are misaligned with this trait, it will continue to reappear until your choice is aligned with the correction. If one lived in a negative environment that has been hampering personal growth and these attributes, then major changes could be expected.

You have made a choice and now allow the platform to make the needed changes.

\* \* \*

## Story Time

It was early morning I checked my messages and there was this message from one of the participants - 'This song ruined my life'.

The message said:

I did your session Structured Reality to heal my life situations and relationship. I had a deep sleep and lots of dreams from childhood. Then when I woke up, I was singing a song in my mind. I almost forgot this song.

It was a melody I loved as a 10-year-old. I bought the audio cassette, wrote down the lyrics from the song, and use to sing

it loud. It was almost 25 years back.

Now I see my life situations as an exact match to the song lyrics.

I feel this song is responsible for my life situation now.  
It surfaced during the session.

\* \* \*

## Knowledge of Ancient Medicine

*There is a fair difference between Faith and Blind-faith.*

This country has a rich culture and tradition that developed over thousands of years. The yogic systems and spiritual knowledge in this country spreads to all corners of this country. There are thousands of lineages from great spiritual teachers that continue to exist and propagate the knowledge. Some spiritual lineages are known to people while most are unknown and continue to function under the surface.

It is not clear what role these large population of yogis play by staying in secluded places and absorbed in meditation for years. There must be a reason innumerable men and women for thousands of years walked this challenging path.

Some yogis took a combined path; living in family life and continuing the yogic practices. Most of these families pass down spiritual knowledge as a family secret. Some of these families also developed spiritual medicine system that is known only to them. These medicine systems comprise mostly of

rituals with local plants, leaves, prayers, mantra chanting, etc. The ingredients and the mantras are kept secret and only taught to the right disciple or family member. These systems are not taught to the daughters because a daughter has to leave the house after marriage.

Some medicine men use objects in their healing rituals. For some reason, these objects work in their hands. There were cases where someone stole the object, but later found it useless or met situations and was forced to return it to the owner. People discovered even the secret herbs, but the exact way of preparation is what gives the results. Family members leaked some mantras to friends, but it ends up ineffective with anyone else but the owner. These systems followed some law of ownership or it could be the other way. The objects have nothing in them while the owner creates the effect.

To be able to seek qualified knowledge from this culture it would need some level of qualification. Even if one gets the information, it will not give any results. So rather than seeking the information, it would be much wiser to target the source of this phenomenon.

\* \* \*

## Story Time

Like a weekend antique market place, you will find everything on the streets priced at whatever you are willing to pay. If you are new to this market, you will easily lose sight of what you have come for. What is offered at the forefront is low-quality material and nothing more than scrap. You will only get to see



real gems if the seller identifies you to be a qualifying customer. Even then, you must have a birds-eye to identify the real quality material. With each deal, you will lose your resources. If you spend time buying on the streets, you will end up losing all your money in cheap wasted deals.

This is how it began. The product on the forefront on sale was not qualified to be of any use, still, people are both buying and selling it. The inside product is not on display and hard to reach without an insider.

It has been two decades. I am a numismatic collector, and I have been to many markets in this country numis-hunting old collectibles. Yes, a large part of the money was wasted in just learning the right process. Then it went into a protocol. Walk into a new city and a new market. Check the material on the forefront and not touch anything. Display my collection and the missing piece I seek. And the sellers will call you aside, give you a seat, and offer tea. Then the real exhibition begins. Over the years, this has happened and the dealers now know me; they generally will call me aside and show the gold coins or invite me to their place to show some extra rare coins. I know what to buy, how much to pay, and what makes a profitable deal right away. It is all experience.

Something similar happened in this project too. Just, in this case, I have already learned the protocol. Identify the right masters with their available work on the forefront. Offer them my part of the research and allow more information to flow. Visiting people in their professional classes bring a lot of useful information to learn, but this is not what I seek. I already know most of it. I needed transformational material for this study.

So the tables were flipped, and I invited people to my seminars and presented the information available with me. This cost a lot

of money and resources, plus giving out a considerable amount of gem quality work for free.

\* \* \*

## Logic of Spiritual Medicines

Some of the spiritual medicine systems use natural products known for medicinal value. Then certain systems were based on metaphoric correlations of disease and its cure. Like the eye of an animal for eye-related issues, the leg of a crane for a bone issue, red leaves of the specific plant for blood-related issues, etc. These were some derived logic that some ancient medicine did work on. Chinese medicine has the theory of 5 elements, masculine and feminine balance, meridian system, Qi, etc. Most of these systems develop in metaphoric association with nature.

Other systems use rare substances or secret formulas in their work. Like the Siddha Bhasma material which is the end product of a Ritual fire but contains certain metals. Mercury Bhasma is said to be a rare one that has healing properties with other spiritual benefits. Mercury and any of its preparations are highly toxic, but this bhasma prepared in the right ways are said to have no harmful effects. There is no way to find out though.

No doubt these systems have worked for people for a long time, but the process of cure is not like modern medicine and targeted drug. Human behavior evolved in close association with nature, and it is natural to expect a cure from natural resources.

But the spiritual medicine system does not seem to follow any of the practical or scientific laws.

## Distortion in Spiritual medicines

Many researchers worked in the field of alternative medicine, trying to understand the process of spiritual medicine. Mostly these studies end in a vogue description of philosophies behind the phenomenon. There is a distortion to the information given vs. what it is. However, not everyone will be able to decode it. It is confusing because people talk from so much level of assurance; it could be nothing but true. But distortions exist. Like the listed below:

- Why miracle/healing/great fortune happens to friend of a friend?
- Why all medicinal flowers are extremely rare or are found in a distant land?
- Why spiritual medicines work only in a particular situation and environment? Like only on Monday morning at a certain time and when you are on a vegetarian diet.
- Philosopher's stone exists but it was only seen by great great grandfathers?
- Why one needs to believe in the medicine for it to work?

\* \* \*

## Story Time

Two fake Saints showed up at our house one morning and were trying to sell roots of a sacred tree. They used everything from fear-mongering to creating confusion to sell the material. The price was being raised with every confusion and they asked for 4000 rupees at the end. The moment they pick on a personal fear or life issue they will connect the material to its solution and force to buy it. If you do not buy you are to face consequences of problems that did not even exist for you.

I paid 4200 rupees for this story and not the root!!!

These tricks work depending on ethnicity, your personal beliefs, current life situations, and how much you can pay to resolve. These tricks have all the elements that they can collect the information with a few sentences and will find out how much you can pay.

Tricks do not work beyond the limit of your paying (mindset to pay) because the moment this line is crossed the mind will shake out of the confusion like, “Hey, I do not have that money”. And the game is over. The price gauging is to keep you in play and ultimately buy.

\* \* \*

### **Few tips to identify tricks:**

1. Repeating words and statements to enforce the idea.
2. Using the information you gave and then coloring it to sell.
3. Price gauging used to check the amount you are willing to pay (talking about different prices at different places.

e.g. This material is just a few bucks but only found in this sacred place)

4. Creating confusion by making you think of a place (anything that makes you thoughtful) and then breaking in, repeating this for 2-3 times (thought inside a thought is inception and practical hypnosis)
5. Using the fear of consequences

These tricksters are powerful marketing agents without a MBA degree.

But there are better marketing strategies that do not kill the market.

This is one reason the faith in this country was damaged. The genuine ones had to face the consequences and pay the price for these tricksters.

\* \* \*

## The genuine one and the Initiation of Bhiksha

I also met some genuine saints in the journey. They are far many in number compared to the fake ones. But they have nothing to do with other humans. I do not understand their purpose of living in seclusion.

There is no need to understand everything.

The initiation of bhiksha is followed by almost all monks and it has certain principles.

1. Bhiksha only when there is a need (beg is a dishonoring word so replaced)

2. Receiving whatever is offered with gratitude
3. Blessings

The initiation of bhiksha is said to have a powerful effect. It keeps the Saint free of karmic entanglement and it also purifies the one who donates.

There are Saints who would walk up to a person and ask for a rupee and not take more than that. But the moment you hand-over the coin, it lifts your emotions and makes you feel free, sometimes spontaneous healings happen or life situations begin to change positively.

These are the ones who follow bhiksha initiation.

They travel the country, interact with the masses and at the end go back to sacred sites for tapa (meditation). This pilgrimage forms a Sacred Network between the common masses and the spiritual consciousness in the sacred sites.

## Frauds in the Market

There are also frauds harnessing the faith in this culture to drain out resources from people. Because people believe in the existence of such medicine, it is easier to trick them into believing and buying. Things are being sold in the name of blind faith placed on such medicine systems. While much of such material is sold at a very minimal price, that hardly bothers the buyer, sometimes the prices are way many-fold higher than getting medical treatment.

The thing is people believe and are willing to pay for such material because belief and faith continue to exist.

The effectiveness of the material sold by a fraud and a genuine person could not be differentiated because there is no way to

find out.

Frauds happen, but that does not mean everyone does that.

## Mind and its role in belief-based medicine

The human mind plays a significant role when it comes to the effectiveness of these spiritual medicine systems. There is a reason, one must believe it and use it in a certain way, and these medicines are produced with a specific ritual system.

## Placebo Effect

When the mind plays a vital role in creating therapeutic effects rather than the medicine itself, then it comes under the phenomenon of Placebo effect.

Do all the belief-based and ancient medicine systems work on this phenomenon?

This country itself has a few thousand of such medicine systems that are still actively serving. As these systems could not be reproduced or experimented with, it could only be called a Placebo effect.

## Background of the Practitioners

There is something common to all these practitioners; even those that are well known for effective medicine, i.e. their spiritual background. These people have a spiritual background and belong to a particular spiritual lineage. The medicine system has been passed down to them through their spiritual teacher or parents. Some of them developed it on their own with years of spiritual work.

There could be a possible element of spiritual work that plays a role in these medicine systems. Yogis and Saints in this country are known to have achieved special powers after a long term of spiritual work. These medicine systems are generally passed down by the lineages of such spiritual masters.

So, there could be another element that relates to the human mind but only available to these spiritual masters. Theoretically, it is the enhanced human potential these spiritual masters had that allowed them to create such medicine systems.

If it is true, there must be a way to experiment and reproduce it?!

\* \* \*

## Story Time

Almost all saints, yogis, and healers follow similar healing techniques like blessings, mantra chanting, or handing over the flower offered to god.

But I met few people who went to this peculiar healing technique. This saint is well known in this place for his work and people are getting results (as heard from people).

This person uses chanting and rituals for about 30 minutes and ends the session by hitting with a metal rod.

Oouch!

People who experienced this beating said the hit was strong but did not cause any damage.

The process sounds like creating a high in mind (trance) with chanting and rituals then anchoring the person back with a shock. The confusion gap creates the needed results. (not



always)

Note that most mental, emotional, and health issues people face are related to their mindset, thoughts, and interaction in their culture. The source of their issue is the surrounding and so any belief-based medicine from the culture might work for them.

But these things do not apply to serious illnesses.

(Note: The information is shared as explained by the people. I did not say that this works or one should try it. Neither in any way had I ever offended the local cultures.)

Certain therapies might have the element of trance and shock, but there is no physical shock used. These are communication-based therapies that allow the person to reach a deep state of thinking and then confused with a fact. These techniques are best used by experts or they leave long term emotional confusion.

The other type of people who use such techniques are the street tricksters and people with manipulative tendencies. Gaslighting and Psychopathic abuse use all the elements of negative manipulation to turn the person against self.

\* \* \*

## What is Human Potential

To the common man, this potential means the ability to achieve or create a life of their dreams. There are other ways of expressing this, like living a life of good health, wealth, and fulfillment. It is a common expression that every human is the creator of his own experiences and has all the needed potential

within.

If this potential is already within, then what is the purpose of seeking this potential?

Do people seek to enhance this human potential or the correction? Are there elements that damage or misalign these inner resources?

## Enhancing the Human Potential

There is no enhancement of what is already perfect. The human potential in its general nature is already perfect and in great harmony. The extra or enhanced potential is also part of this. This comes to play in some unique instances. Forcing the enhancement might come with a price of retrieving inner resources from other aspects.

This entire book is focused on the reasons for misalignment and the ways of correcting it. It is enough to release the things blocking this potential and allow the natural flow.

\* \* \*

## Story Time

We crossed the river on a ferry boat. Then I decided to explore this place on a rickshaw van. That evening we were walking past a tourist spot where I witnessed something unusual. There was a row of stones, bricks, bottles, and everything else. I enquired to the rickshaw driver and he explained the reason.

These objects were placed as a mark of people who will be

standing there the next morning. The row begins at the footstep of one of the houses that provide free treatment for multiple issues. This person learned the medicine in a dream and later identified the plant. Now it is being used as a medicine. The person seems popular as it is likely 200-300 people have already lineup for the next early morning.

India has hundreds of such medicine systems across the country.

\* \* \*

## The Inherent Potential of Placebo Effect

*If you need to believe something for it to exist, you are the Creator.*

Placebo effect is a medical term that describes the therapeutic effect of a medically inert substance when used in the name of a medicine. That means a substance which has no medicinal value creates therapeutic effects when consumed as a medicine.

If such a phenomenon works, that is absolute proof that your biological system is affected by your mental, emotional, and behavioral states. The body responds to the mind which perceives the inert substance as medicine, and triggers the needed pathways towards cure and recovery.

## Belief Based Medicines

Placebo effect works through the mental triggers, and so the person is supposed to believe the medicine. Several ancient medicine systems developed were based on the belief and practices of the yogis. Most times, there is nothing of medicinal value in the products used in the treatment. However, that does not mean those medicine systems do not work. These medicine systems have been in existence for thousands of years and must have their own elements that made them effective. Some of them do have far better efficiency over certain illnesses. Breaking into the elements of placebo effect might give a clear view of these medicine systems.

## Elements of Placebo Effect

What you need for a placebo effect to work?

- Body
- Mind
- Belief
- Action
- A Substance designated to have therapeutic effects.

Note that the mind does not know what a disease is. The mind only knows of the experience a disease condition creates. So the intervention of the mind is most likely to develop responses based on the experience and symptoms. For example, thoughts and beliefs on cancer cannot generate or cure cancer. It is only the Biological system that does everything. In this scenario, it is less likely the mind plays much of a prominent role in the cure

and recovery. Any placebo system only triggers the biological system, which does the rest of the work. The biological system already has a vast pool of intelligence that the mind has little or no access to.

## Critical nature enhances the effectiveness

This is one other element that enhances or refines the effects. The critical nature of things requires a more focused mind to handle the process. If the mind chooses the therapeutic effects of placebo systems, then there must be no side effects, which is technically accurate. But then most systems have the right way of doing things and multiple ways of not doing things.

A particular day, a specific time, only a certain color, only one specific direction, a fixed way of doing things, a particular form of drawing symbols, etc. are critical elements that need extra focus during the process. The negative effects though not harmful, are also part of this placebo effect system and is created by the mind itself. These could be removed by personal interpretation of needed outcomes.

## How to create Placebo Effect

The simplest two-step method is, believing that it will bring a therapeutic effect, and taking action that engages the mind. The action could be anything like; consuming a pill, taking a cup of water, herbal tea, juice, plant leaf, taking a walk, taking a nap, tying a thread, sitting in a particular pose, chanting something, etc. The action must be most assuring to the mind, and the intention must align with the therapeutic outcomes. You cannot fake or manipulate the mind to step-in and create an effect

unless the mind is assured.

To make a Placebo effect stronger, you need another element, and this is what plays a major role in most systems. It is an Emotional Investment, which makes the above system you create much powerful. Emotional investment generally is environmental; where others too perceive a thing important like something important, precious, or rare in your culture. It quickly triggers emotional investment. The placebo effect created by plain water won't be as powerful as Plain water bought from a particular mountain area known for 100 years at a high price. A much powerful Emotional investment shows up, especially when it comes from your family or culture. This is because you are already connected, the emotional programs easily accept it.

## The new age Tools

The current scientific discoveries have greatly influenced the minds of the masses. Lots of placebo effect techniques were named after them with a partial theory related to the original scientific discovery. In the first place, these systems have nothing to do with the scientific work but were correlated to them in a metaphoric psychological way.

This makes it sound much more promising and appeals at a deeper level to the logical mind. When the logical mind accepts and engages in it, the effects are far better. So the market has risen in a lot of techniques and tools that are named after scientific work. The scientific community hates this 'pseudo-science techniques' as it distorts the original information and misleads the masses.

It is possible to create a unique placebo effect from scratch

and get a response at a mass level if the elements are brought together. How a simple object could be turned into a therapeutic product is explained in the last part of this chapter. Some powerful therapeutic programs discovered in the course of this project are shared in the chapter Placebo Codes.

### Placebo Effect in Altered States

In the above description, you learned to signal your mind to create a placebo effect. There is another way that is far more effective but not accessible without support from a therapist or consultant. Altered states are when you are not active as you used to, the Conscious Logical aspect of self is absorbed and inactive—like sleeping, meditating, hypnosis, visualizations, etc.

### The Element beyond Placebo

If the placebo effect is defined as therapeutic effects without the use of a targeted drug, then this element may also be categorized as placebo. However, the point is, there is this extra element that plays a role in the therapeutic effect. The presence or existence of this element is highly controversial. This element was named the Qi, Prana, Lifeforce, Healing energy, Quantum field by various sources. It comes into play when the mind is focused on something.



## The Beyond Placebo element and its relationship with Mind

This element has a lot to do in connection with the human mind. It is said to be always active and flowing in everything in this Universe. The mind interacts with this to create subtle effects that are more physical. Focus and intention directs or produces this element like some kind of scintillation effect where a subtle form of energy is transformed into an accessible form. This is said so because everyone cannot feel or interact with the subtle form which is much more physically experienced when someone shares it. Prana shakti is generally formed when this subtle form flows through a living organism.

### Relationship with an External Object

The mind, focus, the healing energy combined with an external object is what creates the most effective placebo effect. Also, each variation of an external object creates a different result. The mind mainly plays the role of deciding and creating a feedback system. The energy aspect seems neutral and least interested in creating anything or controlling the effects. The variation in external objects changes the impact. A wooden material would have a different effect than a metal one, the moon included in creating a placebo effect will have a different effect to that of the Sun. Each planet will show a different outcome. Now the point is, the Sun and Moon may have nothing to do with the placebo effect itself. It is all the elements described that create the process.

So how is it that these systems work for many, or planets affect the life of people?

These elements probably form the core of each and every Placebo Effect system that has been used for ages. This enhances and fixes the effects and results for lots of people. This is called the Collective Consciousness effect. Because everyone believes it, it does not matter you believe it or not, you are included.

## Metaphors and Placebo Effect

Metaphors create the connecting link between the conscious and subconscious mind. The subconscious does not know the use of words and dialogues to express a piece of information. This works through metaphoric expressions, visuals, memories, etc. Being able to harness the power of metaphors in therapy is one of the most outstanding achievements in ancient healing systems.

Working with the metaphor to create a signal to the subconscious mind is a powerful technique of healing that could be spontaneous and miraculous. Most of the spiritual healing systems have this element. People with spiritual visions are specialized in communicating metaphors.

The only limitation is, metaphors are personalized information, and may not mean anything to another person. Also, some people begin to take metaphors as a reality which further distorts the pieces of information.

Only a highly skilled professional could help in working with metaphors and apply the information towards balanced growth.

This is a classic example of scam on the internet where some people seek help from a spiritual healer and were told that there is some spirit that is harming their finances, evil energy were after them, and there was dark energy spot in the aura

which could be removed for 50 USD. Some people end up paying and get nothing more than few messages that things will be fine soon. These are metaphoric expressions in the perception of the spiritual healer. Now if the same person goes to a therapist or behavioral coach then the information could be something like - lack of spirit in achieving goals, living in the past experiences, missing needed skills. If one can connect the dots, the relative information is similar. One is a spiritual metaphor, and another is behavioral information. The major difference is, the individual could use one information for the needed correction while the other information offers nothing more than the need to depend on the healer.

Note that this case is about online/market scams and not about genuine professionals working to support others. There are honest coaches and healers out there committed to the upliftment of humanity, and it would be a dishonor not to acknowledge their good work.

## The Human Mind is Connected

The human mind is connected to a larger aspect of intelligence that probably stores all information that was ever created on this planet. This source also makes this information easily accessible to anyone willing to connect.

Once a Novel Placebo Effect is created, it becomes available to anyone and everyone who wishes to connect with it. This project has proven this multiple times by creating a new type of placebo system and creating the same effect in participants.

## The Importance of Ancient Placebo Systems

Now you understand how a specific healing system is created. You may directly step into the process and create it for yourself. There is a reason the Ancient Placebo system has been significant; they hold the imprints of Evolution of Consciousness. The more number of people who believe in it, the more potent the effect, this is the mass consciousness phenomena. Then again, the placebo effect systems upgrade and refine over time as people practice it for years.

There are both sides to it. Some systems refined and evolved in transformational ways while many other systems lost sight of reality and went into dysfunctional beliefs and agendas.

### Healing with Words – Placebo codes system

A healing response could be created with anything like leaves, stones, rocks, wood, metal, etc. without consuming it. These types of holistic healing have been used by many yogis and spiritual teachers in this country.

Then Mantras form the subtle form of healing system developed in this country and still in use. The mantra chanting and mantra healing systems inspired the concept of placebo codes. These are simple words that create therapeutic effects when read with intention.

Lots of readers have expressed changes in emotions, health, and life situations when working with Placebo codes. A Word which is not even physical substance, cannot be consumed, cannot be bought, and most importantly the mind is least invested in the therapeutic effect in words could create a result of this amplitude was one of the most powerful discoveries of

this project.

The yogic systems and Indian spirituality already have the explanation for this phenomena, but that would be a story for another book. This book would focus on the initial placebo effect and applying placebo codes for healing response.

A list of healing codes were shared in the chapter Placebo Codes.

### Trigger therapeutic response with Placebo Codes

The above principles of placebo effect apply to the use of Placebo codes.

- Decide the outcome in advance
- Dedicate a Time-line
- Use the Placebo code as described
- Stay open to the process
- Stay expecting

### Not for Self Medication

Placebo codes system, though useful like any placebo system, may not give results for serious medical issues. At the same time, Self-medication is not prescribed in any way or form.

The best effect of Placebo codes was on emotions, beliefs, behavior, personality, and transformations. Health changes are expected in the use of the codes system but not to be the primary focus in case of disease treatment.

People have primarily used this system for mental, emotional, spiritual, behavioral, attitude, perception, and habit-based

corrections that are otherwise not easily accessible for them.

Certain terms like depression are related to both medical situations and behavioral factors. In such a case, the reader is expected to be discerning that this book does not deal with or offer medical help for medical depression. Sadness and emotional issues related to behavior and beliefs is something this word is related to. There could be other similar terminologies that might sound like medical treatment which are not when used in this book.

### Where to best Apply Placebo effect

Like the ancient yogis did, use the Placebo effect potential into making a life you wish to live, focus your placebo effect into cooking, bathing, making your sheets, daily routine, and self-transformation. An ever-lasting well-being and a life of joy and happiness will follow naturally.

### Negative Placebo effect

The ability of the mind to create and fix a reality is equally active to negative life situations, health issues, and other problems. Most problems in life are self-created, and this potential of Placebo effect plays a significant role in making you experience the fullness of the negative experience.

Why your inherent potential turns negative?

It never turns negative. The experiences are self-chosen.

Emotionally manipulating oneself to take part in negative activities (anything against the values) may trigger the negative response of the inherent potential.

The emotional response is what directs the internal potential.

In cases of enhanced potential like the highly spiritual yogis, an emotional turmoil may create chaos in life. This is one reason the yogis are trained for self-discipline before they turn to spiritual potential.

## Limitations of Placebo Systems

There are multiple limitations to the use of placebo effect based systems. Some of them are listed here:

1. Not useful in Critical cases like accident or infections
2. Does not work in case of permanent damage
3. A healthy body and mind is needed to create a positive response which means self-help could be limiting the outcome.
4. Personal beliefs mainly affect the results.
5. Different levels of results for every individual.
6. Not equally effective every time.

## Create your own Healing system with Placebo effect program

1. Decide the outcome (therapy/cure, emotional work, manifestation, etc.)
2. Decide an external object to be used as a placebo (ritual)
3. Decide a timeline where you are willing to receive the full effect.
4. Stay expecting
5. Start the process (outer object could be anything like candles/ incense sticks/ / chanting/ meditation/ prayer/ drinking water/ creating some elixir/ certain yoga pose

etc.)

6. Follow your thoughts, feelings, and directions.
7. On the day of completion, stay open to believing it is complete.
8. Either you have decided the process or allowed outer interactions to dedicate the flow.
9. Now teach this thing to a few people and note their experience.

Almost every system is formed on this protocol. New age esoteric healing systems have lots of new creative tools like; symbols, energy, colors, animal totems, and spirit guides. Then the partial scientific methods have got numbers, machines, sound frequencies, color therapy, and all other types of tools.

\* \* \*

## Story Time

Corona pandemic has just begun. The first phase of lockdown in India has passed. People are in some type of panic. And when there is a danger to the people some savior is expected to arrive. A story spread like a wildfire in this place faster than social media. Everyone was talking about it.

The protection from corona was given by some spiritual being. To find the medicine one must dig at certain direction of their house and they will find the material. And people began the digging.

I communicated and visited few houses to check the material. Everyone who did the digging found a small piece of charcoal.



The material was only found in certain direction of their houses and it was the same material. It has happened to almost everyone we could ask.

There is no explanation to the phenomena of finding a similar material in a similar fashion for such a large population.

\* \* \*

## The Control of Emotions on Inner potential

*Your emotional response is a signal from a deeper intelligence.*

Emotions play a significant role in controlling the directions of the inner resources and their manifestations. The inner resources quickly get focused on things that create a positive emotional response. On the other hand, negative emotional triggers inhibit any further flow.

This chapter connects the dots for emotions and their effect on the Inner resources to achieve your goals.

### Emotional Mastery

We humans as emotional beings, learn from emotional feedback. A good feeling is a green signal to continue and bad feelings a red one. This is the most simple survival instinct we were born with. As a child grows up, emotions mature with experience

and feedback from the environment.

Emotional development is an essential process before one could step into the more subtle levels of spiritual development. Emotional mastery is the ability to learn from experiences and emotional feedback without getting stuck. It could also be defined as the ability to take feedback irrespective of the emotions felt.

## Emotional Resource

Most people count money, contacts, and assets as resources. Some also list time in it. But people least focus on something that is equally or by far more important that allows you to manage other resources. It is your ability to connect emotionally and work through the process in any form of activity. Once the emotional resources are depleted, the mind does not like engaging in any activity. Lack of or diffused emotional resources is a sign of an unhealthy mental state. It might signify issues in life circumstances or depression.

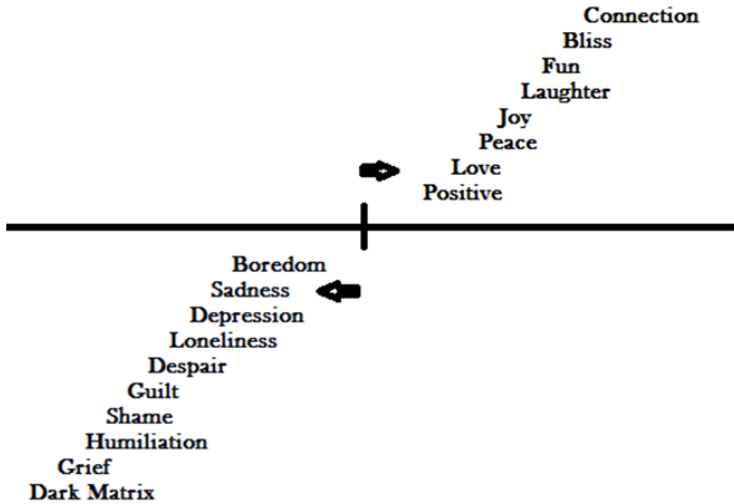
Rejuvenating the resources need deep rest, clearing the negative emotions, and resolving any issues. If this does not work, then there is a need to see a professional consultant.

## The Negative Emotions Scaled

Here is a diagram of an emotional scale that shows both negative and positive emotions. Though few emotions have been listed, it could include every other emotion.

The stronger the emotional response to certain life situations, the more vital lesson. As long as there is flow, the person always shifts back to a healthy state of emotions after the lesson is

complete.



### *Emotional Scale*

The emotional scale has a neutral region which is a flexible space and has both positive and negative emotions. This is a healthy space where an individual spends most of the time. The affinity of the mind is always towards the positive side. On the other hand, the mind repels anything that creates negative emotions.

The negative emotions naturally heal up-to a threshold of intensity and length of experience. After that, it may create a cycle of recurring negative emotions and experiences. The

more intense negative emotions are generally taken care of by hiding or manipulating them. There is a level of the dark matrix which is the effect of intense long term negative emotions and experiences that are hidden from the conscious mind. This is a deceptive region and does not heal naturally, and may cause major trauma if accessed. Experiencing this level of emotions creates all types of personality disorders and harmful behavioral traits like self-sabotage, Toxic Personality, Narcissistic and Psychopathic personalities, Victim patterns, etc.

Here is a refresher about discernment and its role in recovering from negative emotions as well as protection from toxic people.

Discernment functions like radar at an emotional level, and the mind quickly identifies any change in directions. It is easier to work out an issue at the very onset. At the same time, a person with a past of intense negative emotions may apply the tool of discernment and begin to work with all subtle levels of emotions. This activates the path of emotional learning and self-healing with long term positive effects. The deceptive or dark matrix layers of emotions are easily identified when a person masters discernment.

People who have such emotions are generally the ones that create chaos for others. This is not a purposeful act but the inner cycles of emotions. Interaction with such people creates emotional changes that are signals to raise the boundaries. Generally, a toxic person trying to victimize you gets into attack mode when healthy boundaries are set. The change in behavior itself is a red flag that this person is not trustworthy.

Another personality type is those struggling with this level of negative emotions. They generally respect boundaries and will not try to push others in negative emotions unless triggered.

This topic will be further clarified in the Placebo codes chapter in Narcissistic abuse section.

## Maintaining the Emotional Resource

The most effective way for long term wellbeing is a balanced lifestyle, healthy routine, and a life of purpose. An effective way to manage the emotional resource is by developing a healthy routine.

The entire construct of an individual's life could be seen in the bedroom and the way it is maintained. The structure of mental processes is part of the daily routine. People not having a healthy routine are more prone to experiencing mood changes, and their ability to achieve desired outcomes is far less than a person with a well-maintained routine.

An abrupt change in routine for no external reason is a sign of disruption of state in mental and emotional levels.

Well maintained routine could absorb back a person even if there are minor disruptions from a healthy environment. At the same time, a healthy routine also has an enhanced layer of protection to emotions and life situations, especially when things turn odd.

Maintaining a routine for few weeks itself will create significant life changes and have lasting effects.

## Negative emotions and Stress

The most common issue people face is a build-up of stress in day to day life. The preliminary signs are subtle and they go undetected. The long term build-up shows up as a major issue like; stress response. The body over time gets used to it and

continues to build-up until the body can no longer handle it. This is where stress response begins, and it may show up in physical, mental, emotional level, and life situations.

Some examples of long term stress response:

- Exhaustion
- Digestive issues
- Sleep problems
- Habit changes
- Personality changes
- Illness
- Negative events in life
- Continued failures
- Depression
- Burnout
- Mid-Life Lag
- Issues in Relationship with others

### Tip to apply corrective measures

The first tip for everyone to stay healthy and maintain a life of positivity is to relax and rest as much as needed. Make relaxation your priority over work. This is the major key to lasting achievement. Consistent work from a state of great balance and harmony.

The Healing codes chapter covers all information in clearing and healing effects of long term stress and negative experiences.

\* \* \*

## Story Time

Most of you reading this book must have already done a great part of consistent hard work for your entire life and yet achieved fairly nothing.

The planets are against you, the gods are not happy, or it is your fate!

Or you blame something or someone in your life for your situation.

Blaming is a subconscious defense mechanism and it's a positive aspect for the time being. It protects you from further damage and falling into grief.

But someday, everyone has to wake-up and break through the veils. Stop blaming anything and take responsibility for yourself.

The 8<sup>th</sup> chapter shares a table about stress build-up and its effects on your life situations.

The intelligent mind is not the only resource you have got. There is a much finer intelligence working in you and through you. It is always active and always working in subtle processes.

How do you tap into this extra potential? Do you need to go to the Himalayas to get this potential activated?

'It only works when you are Happy'.

Do your part of the work and then allow the work to get results for you. If you need to put extra effort to get results, then things are not working for you. It is time to review your life and take a detoxification journey.

\* \* \*



## Trauma creates major Distortions

*There is a big difference between Educating and Teaching a lesson.*

The natural state of well-being is when you are most relaxed, curious, creative, positive, and unaffected by negative emotions and experiences. The closest of this expression relates to an individual as a child. The learning abilities are quick at an early age. Any emotional pain would spontaneously express and reset to the natural state.

Over the years, this natural state matures with life experiences, emotions, and learning into a fixed personality that could be named a Healthy state. State changes come with learning and then everything must shift back to a healthy state. If not, it is a call for help from the body-mind-emotion defense system. A long-term distortion forms a fixed layer of an unhealthy state which is the source of chaos in life.

Good management of life must have habits and routine that helps in releasing stress and rejuvenating the body. Body/Mind

has its natural defense system that gets active when there is a threat. Anything is taken care of directly by the system however if it fails to do so there are certain signals the body and mind displays.

Signals like headache, digestive issues, fatigue, etc., are some signs. If acted upon, the defense system could take over.

This system has its learning and upgrades which enhance the coping strategies over time. It fails only in case of trauma as the defense system does not have enough time and information to manage the abrupt change in states. This is why it may take a longer time for total recovery from traumatic events. The ineffective coping strategies bring dysfunctional behaviors, emotional issues, and personality disorders to seek a path of release.

## Trauma

Trauma is an abrupt change from wellbeing at a physical, mental, emotional, or spiritual level. Physical trauma like injury and illness are taken care of by the biological system whereas emotional and mental trauma has an entire hierarchy of elements. The recovery is usually natural when the source of trauma is removed. Sometimes it leaves post-traumatic disorders that may not have significant symptoms.

Some examples of trauma: Loss, separation, abuse, bullying.

Spiritual trauma is more of a metaphoric expression and is a deeper form of emotional or mental damage. The damage may cause a disconnect from the greater picture of life. It generally roots from events that damage the identity of a person and causes mental and personality disorders in the long term.

For example, events that damage the inner power, personal

identity, innocence, the realization of self, inner values, etc.

## Defense system

There is an inherent defense system that protects a person from physical trauma for example survival instincts. The defense system has different layers when it comes to emotions, mind, and ID (ID/Ego/personality). These defense mechanisms have their roles in shielding, deleting, correcting, engaging, or storing the traumatic information. The defense system may go to any length for the survival or to protect the sanity of a person.

## Hidden trauma and its expression

The defense system generally hides the trauma and its information if required. It may shield the signals of underlying trauma. With time this trauma begins to express in different ways as a possible path of release. The defense system generally plays an active role to protect, hide and safely release the effects of trauma.

## Different types of behaviors seen in masses

The inherent defense system plays a significant role at the subconscious level to structure the behaviors in coping with trauma.

**Trauma Shield:** A behavior that protects the individual from experiencing direct trauma or getting damaged by a traumatic event. These beliefs and behaviors dissolve the pain; else the person would endure. It is like changing the perception of the

event.

**Trauma response:** It is a common type of spiritual behavior that is triggered by trauma and its underlying causes. The defense system activates this mechanism to manage the suffering the person has to live in association with the source of trauma. The source of trauma could be anything related to life situations or someone.

**Trauma management:** In this process, the individual hides the emotions related to trauma and unconsciously pretends to be in a different state of mind. This behavior is tough to recognize and dissolves when the memory and triggers of trauma are released. Indulgence, addictions, and overwork are in this behavior category.

**Escaping reality:** In this pattern, Trauma causes dissociation from reality, which sometimes becomes irreversible or has long term consequences. On the other hand, this behavior keeps the person in an unrealistic world though free from the current trauma and its effects. These two worlds begin to cohere once the trauma subsides. This phenomenon could be named as Role Play and may continue for years.

**Corrective Spirituality:** This is the phase when trauma starts to release. The person begins to respond to the practical reality and takes charge to correct the damages and life situations. The person becomes aware of their choices and its effects, the role of perception in experiencing the trauma and the role-play that maintains the hidden trauma.

**Trauma and Life Purpose:** This is the final phase of recovery. The person chooses a life purpose related to the traumatic event however is not controlled by the emotions and its experiences. The person transforms into a seeker and masters the necessary resources to assist self in the healing

process. These people also take the path of helping others.

### In absence of the Protective system

The above processes apply to people who choose to live with trauma, manage it and finally recover from the effect. Then there is another scenario possible. The mind chooses the best strategy available to release the trauma and the subsequent damage caused by it at the earliest. The closest available information in such a situation is taking the victimizer's behavior and applying it to other individuals. Thereafter, observe the response of these individuals and use the information at subconscious level for recovery. This appears to be a widespread behavior among the masses. The subconscious might use this program once or multiple times, depending on the intensity of primary experience and response from the new subjects. If this behavior continues in the individual, they become the new trouble-makers in this world. These type of people are generally called Toxic personalities which covers every personality disorder and negative behavior.

### Tools for triggering Recovery from Traumatic Events

Counseling and regressions are generally used for this purpose. Regressions safely trigger the emotions and experiences while counseling helps shift the perception to a healthier state.

## Trauma and Paranormal

The paranormal events are signs of the human potential getting distorted with extreme trauma experience. Adults with a history of childhood trauma could show multiple negative traits. Some of them are listed below.

- Addictions
- Personality Disorders
- Relationship issues
- Psychological problems
- Behavioral problems
- Cognitive distortions
- Otherworldly experiences
- Negative being attacks (ghost, demons, aliens, etc)
- Black Magic Experiences
- Highly spiritual experiences (Gods, Masters, Angels)

## Paranormal Events

A place or group of people experiencing paranormal events has some common elements. There is usually a projector who is the source and then there are participants. When the projector's behavior and patterns are closely observed, one would find signs of past trauma or severe emotional damage. The participants usually have a fit-in-model behavior owing to their personal or cultural belief systems. Some of them may also have a similar type of trauma experience.

There is another element, called an amplifier who plays a significant role in boosting these at the group's subconscious level. Once all the elements are separated, the play stops.

Usually, these events or effects do not work outside the familiar place of this group. It's like these programs exist only in their space and cease to exist at other places.

Any outsider stepping into this group may break the chain of events for a short while. These events may not happen in the presence of this outsider. The outsider needs to consciously and emotionally interact with these people before there is an induction of these events. If the outsider has leadership qualities and could influence the minds of people, it may break the chain of events permanently.

## Exorcism

If you like watching horror movies, you must have come across hauntings, possession, and exorcism scenes. The signs shown by the person undergoing exorcism is nothing more than the body expressing and releasing the held-up trauma. The sobbing, crying, screams, movements, voices, body marks, etc. happens during specific therapies that help in the release of trauma. It occurs during hypnotherapy, mostly clearing a traumatic event and its effects.

So, what is the spirit that is released? It's a camouflage hiding the core programs of trauma. There is an explanation to it if you know about mirroring neurons, how the subconscious mind copies, stores and processes information.

This project named it as Co-Relative States. Every human has it at different scales. The subconscious uses this aspect to learn fast and dynamic levels of information like a copy, paste, edit, use, and delete. A healthy individual has hundreds of such programs that the mind uses for the purpose of learning and information upgrade. It happens more strongly when a person

is emotionally attached to a role model/a hero/icon for self.

Sometimes in case of trauma, there is fragmentation that uses these correlative states to project an entire personality. This extra personality is generally a partial copy-paste of another person to fill a gap the mind needs. It only gets active in certain situations that trigger the programs of trauma or needs the original personality to hide for safety.

## Demons

The demons that said to be gatekeepers in different cultures. In a simple language, it is the subconscious defense mechanism and some part of survival instinct that gets activated when it senses a major threat. The sudden surge of muscular strength and inhuman power is a sign of the mind being under threat. The demonic formation is an effect of long-term damage, abuse, and trauma that kept the defense system active, for long enough that it never goes off.

Generally, these are formed at an early age and are caused mostly in case of developmental trauma. A complete healing process of this situation ends with the child aspect showing up and the person expressing the child-self for some moments.

Ultimately, the unnatural or other dimensional behavior is a sign of lack or distorted human interaction. The human consciousness has evolved in a way that human relationship has been most important for the survival of the Personality/ID. The subconscious is fulfilling the need for this vital aspect by creating a different world.



## Black Magic

This is a widespread belief in this country that a person could doom one-another with some ritual and spell. It is so common that 7 out of 10 people would accept having experienced it in their life or someone in their family did so.

Three key aspects in anyone getting affected by black magic: they have a history of childhood trauma, a tendency of blaming others and they believe in the existence of black magic. This creates the core structure of their experiences. These behavioral patterns signal towards personality disorder where the person has deep hidden negativity or scars of trauma. The outside experiences are signs of this hidden suffering trying to find a release. The mind is potent enough to attract people in life those who would fit in the model of this perception.

The camouflage created by the subconscious defense system makes it a tough job to address the core issue. At the same time, such problems would continue till the core issue is corrected. This needs the ability to work through the deceptive or dark matrix layers of emotions and release the hidden trauma. The personality disorders correct naturally as the trauma gets healed.

## Evil Eye

This term has spread even to the western world and is a well-marketed product in spiritual communities. One behavioral and emotional comparison is enough to make out the reason.

For example, someone took up an important project and was doing well till someday this person displayed this project idea to someone else. And then everything collapsed. The project

could not go any further. The person blamed the interaction with the other person as a reason for the damage because there is no other possible reason in awareness.

Now, if the person is asked to describe the emotional states before explaining the project and after explaining it, a sharp change in emotional programs could be seen. The internal resources of this person after presenting the project have receded to their natural state and ceases to work further.

Whom to blame? The other person!

No. The subconscious outcome of this project was not to reach a goal but to receive attention instead. By displaying the work, the mind received the needed amount of attention for the moment. The path of the inner resources has come to completion. The collapse of the project was expected because the subconscious is not interested in this work anymore.

The situation could be changed by creating further emotional investment or projecting a compelling outcome. However, the point is one must be aware of the core desires and the outcomes. In most cases, the subconscious outcome is nothing more than attention. This is the primary reason behind transformed spirituals having no interest to perform something as they lack the need for attention which is a core motive for most human actions.

### All of this for Attention

When enough time and attention is given to a person all the issues dissolve. However, this does not happen in this world. In practical reality, the hungry go starving, thirsty goes unquenched and the satisfied goes overfed. It only gets worse over time. The outside world may not fulfill these needs at all.

The element of attention cannot be replaced with something else.

The Yogic system has the solution to this problem. Meditation is a process to connect with self and attend to all emotional needs. Daily practice of meditation has the potential to correct any and every inner issue. Depending on the level of damage, healing of trauma may take longer than a simple issue. Awakening is another term used in line with meditation that describes the ability to have a vision past the veils. It is interesting to note that the process of spiritual awakening is very similar to the process of healing from trauma.

### Sign of True Healing and Total Awakening

The most important sign of true healing and a complete process of awakening is the ability to form and maintain healthy human relationships. This is true for any system of therapy and spiritual systems. Anything different, however miraculous it may sound is something midway.

Highly spiritual masters and yogis are not free from the scars of trauma either. The layers are deep and inaccessible even to them and the related trait seems similar. However, until the layers of trauma are transformed into learning, there is no awakening or true healing. The cycle and lessons continue in one form or the other.

\* \* \*

## Story Time

It was past midnight; I was working on the thesis when my cousin walked into my room with his mobile. He wanted to show a horror movie.

I'm least interested in them as I had watched a plenty of those during my college days. However, he insisted as this was different. It was supposedly a real story. This looked like some channel that streamed videos of occultists at work.

My cousin wanted to press on his idea that ghosts do exist and have the ability to possess a person. I was least interested if they did or didn't exist. However, the video caught my attention as it showed a person being exorcised -body movements, screams, and expressions. This information was not new to me. During Kundalini awakening there are far more intense triggers and experiences for the yogi and a great amount of pain is part of the clearing process.

However, this video if real was nothing less than a miracle as the exorcism is releasing trauma which otherwise takes years to heal and release.

It is not about the ghost. It is the trauma being released from the system.

Any other phenomena happening around the person is the camouflage of the defense system which was hiding/maintaining this trauma.

\* \* \*

## Release all Distortions

*Happiness is a mundane thing; you will not find it in another dimension.*

The human potential of mind-body-spirit is always positively active in support of an individual throughout their life. Personal choice, intention, focus, and emotional investment bring this force into action towards the desired experience. There is always a self-chosen intelligent lesson behind every experience. As long as you are ready to learn from the process, things would flow naturally, and you receive everything in life with ease and grace.

The mind creates the damage, block, and misalignment to this Potential. If this block is released, life will shift back to its natural flow. Everyone is destined to a life of Joy, Fulfillment, and Abundance.

Stress is a primary signal to any change from the natural state and well-being. So this chapter shares different tools to detoxify and release stress and its effects. All this would be a

Placebo work where the intention is set prior to starting the process.

### Why Targeting only Stress?

Because this is the closest body response to any behavior that an individual has control, there is a need for a feedback system that is in close awareness of the mind. One does not have control over stress, but one definitely has control over the activities that create stress. Other aspects are less likely to get targeted in a feedback system or are trickier to do so for a busy person.

The table on the next page shares a list that clearly says all negative life experiences begin primarily through stress. The other complex behavioral patterns develop over time as a subconscious management system. However, there is a limit to how much the system could handle, and soon the ignored signs and signals may create chaos in life situation. The human potential is at work even in negative situations and it is at work to defend the system and not your desires. There is no short code to reverse it, except listening to your own needs.

\* \* \*

### Symptoms -Possible Reasons

1. **Exhaustion** - Physical exertion
2. **Extended Tiredness/Lethargy** - Lack of rest / extended work
3. **Triggers of tiredness** - History of stressful work and bad routine
4. **Lethargy caused by Booster drinks like coffee** - Long

term use of coffee like drinks to boost self into extra work/stress

5. **Inability to handle routine work** - Saturation and stress
6. **Simple projects and works begin to fail** - Signs the body cannot handle any further stress
7. **Continued failures and blockages in projects** - The initial signals of stress were ignored
8. **Negative events in related to work/ unexpected losses**  
- Emotional Manipulating self to engage in stressful work for a long term
9. **Good projects always give a bad result or a mixed outcomes** - Ignoring and Manipulation of stress signals with positive expectations / dreams
10. **Life in total lag** - Long term of stress and unhappiness being ignored and self manipulated
11. **The negativity at work spread to personal life** - Signs of unnecessary stress not being managed
12. **Series of Negative events at work and life** - The subconscious defense system has taken over the situation. Unexpected negative events would continue as long as you do not listen to your personal needs.

\* \* \*

The simple cure to any of the above and 99% of other life issues is proper rest, relaxation, and good sleep. Most things in life have their own course and natural timing, but the extra stress only creates a blockage and needs you to exert more. Things work out on their own if you allow them to.

Discerningly, know your part of Work.

Being habituated to living and managing stress makes it harder to return to a healthy state. The next part of this chapter shares simple ways to clear mild-to-major stress levels accumulated for years in a short time.

Like Trauma, there are some exceptions to it, which is also a stress response but complex and not easily cleared. Then there are situations of abuse and manipulation where the stress is from another person, and there is no control over it. These two situations might get cleared over a long term of practicing detoxification and self-care. However, for anyone with an environment of abuse and experiences of past trauma, it is close to impossible to work heal without support. The next chapter has a few sessions which could be integrated with placebo effect session and detox to release trauma and abuse.

## Realign the Inner Resources

Rule of thumb: Reach a healthy emotional state - Improve your ability to reach this state - Expand your comfort in all aspects of life. Rather than crossing your comfort zone, expand it to other areas so as not to accumulate stress in the process of learning. If something causes excess stress, then review, allow it time, make yourself comfortable with it, and start again. Seek support from experts if you lack the needed skills.

This behavioral trait may change your perception of luck and fate. There is a way to change your life circumstances to total alignment and positive outcomes for you. It is not some grand magic trick or mantra, but again it is trickier than other tools. One cannot fake it. Only true commitment and work will bring long term benefits.

The day you begin this process, you will find that your



life begins to move in the directions you wish or even better. Everything that has been stale for so long will start to move. Situations will work out to your benefit, and the extra effort to get results is no more needed.

Sounds like Magic! But this is what it was supposed to be. You distorted it.

All the blockages were self-created. The negative life situations were signaling events to internal damage. What you have been trying to fix is just the projection.

Small basic projects stop getting results, the sales drop, your clients change suppliers, friends and family go distant, even minor things become frustrating and need extra efforts to work out. There seems like some major fault in your stars.

The major part of correcting this fault is clearing past stress, maintain a balanced life, attending to personal- body-mind-emotional needs, staying aware of the feedback at all levels.

## Deep Synchrony with your Body

This is the process of being in deep synchrony with the inherent feedback system. The same process is used in meditation, healing, emotional work, and regressions. The process is simple and best before sleep, as it offers time to integrate any needed changes.

**The process:** Feel relaxed, keeping your mind clear, and then feel your body. Stay aware of all the responses and pay attention to each feeling one at a time in your body. The feelings in different parts of the body shifts or sometimes dissolve with more triggers. Continue for 10-15 minutes while you fall asleep.

Generally, these sessions are followed by deep sleep as the

body feels deeply relaxed. The process is the same for emotional work or mental work. This session could be applied to anything like; preparing yourself for work, public talk, releasing past negative memories and emotions, installing new habits and attributes, clearing unhealthy patterns and habits. The process is to think of something, trigger feelings, and continue feeling it until everything returns to a balanced state. It may take time and practice when working with negative experiences and especially with trauma.

It would be easier to get help from other well-known systems to clear stress and negativity. The later part of this chapter names some effective systems. There are hundreds of other professional resources available this day that are equally effective.

## Available resources to clear negativity and stress

### *No addictions*

Any substance abuse manipulates biological signaling and creates more misleading behaviors. It would be impossible to begin corrections, especially when there are addictions. If it is out of control, try to keep it off on the days you work with cleansing yourself.

### *Deep Relaxation*

Good sleep is enough for clearing all stress and negative emotions. But that is not the current scenario - The sleep patterns are not as healthy and effective. More, people do not know how to sleep well. Something like stressful life also

contaminated the process of recovering from stress.

Generally, after a detox cleansing, there is a change in sleep patterns.

### *Fasting and Detox*

Fasting is to cleanse the Temple and not about appeasing the God.

Fasting has its biological effect along with the placebo when done right. One must have a proper fasting program before starting the process. If it cannot be maintained, then better stop.

Ill practices of fasting affect the body and may bring the wrath of your inner intelligence. In such a case fasting may become an addiction, self-sabotage, or a trigger of anxiousness or trauma.

Decide a period where you have three days at hand to take the process. The first day must be low in work or no work. Fasting is done on the second day, and strictly there must be no stressful work. The third day is for total rest and recovery.

The work schedule starts from day four.

The fasting time is kept anywhere from 5-8 hours beginning from when you get up. There is no food intake at this time. You must stay hydrated from day one and continue till day three. Drinking water is not as restricted during the fast.

Fasting should not cause stress or suffering to the body. You are cleansing your body and not collecting more stress or pain.

Fasting ends with light food and lots of hydration.

The time of fasting is significant for both cleansing your body and healing your spirit.

The intention during the 5-8 hrs period of fasting has its effect on your consciousness.

You may spend time praying, meditating, reading, gardening, relaxing anything that makes you deeply happy and relaxed. Stay discerning about the type of information you feed in your mind at this time. It creates a faster effect.

A fasting cycle for 3-5 times in a month is sometimes enough to clear the past year of stored stress.

### *Holistic systems*

If your past year was tough mentally and emotionally, then simple self-help detox tools might not come in handy unless you have a level of mastery over them.

In such a case, few of the available systems could help you cleanse and get back to health and balance.

- Massage systems
- Lymphatic cleansing and detox
- Panchkarma
- Meridian Cleansing
- Acupuncture
- Crystal Healing
- Reiki Healing

### *In case of Extreme situations*

If the current past has events like losing a loved one, separation, divorce, etc. the above systems might bring partial or temporary relief. One must go for counseling and therapy along with the above. As life takes a new purpose, the grief and emotional pain will subside.

## *Abuse*

Abuse in any form is traumatic along with a long term of confusion left in the mind that forms another layer to target before it takes the path of recovery. In such cases, it would be a long journey to healing when all the above tools along with counseling and therapy combined. It is time taking process.

Here is a list of some forms of abuse:

- Emotional Abuse
- Bullying
- Sexual Abuse
- Gas-lighting
- Narcissistic Abuse
- Psychopathic Abuse
- Childhood abuse- bullying, demoralizing, Mocking, Beating, etc.

## *Trauma*

In case of trauma, the detox systems may not be as effective in healing. But the stress and negativity released allow the deeper layers to surface and heal.

Some forms of trauma: Childhood Trauma, Developmental Trauma, Intergenerational Trauma, and Cultural Trauma.

Intergenerational and Cultural trauma are metaphoric expressions because the individual does not have any direct experience or knowledge. It is the trauma response behavior that has been passed down in the family for ages. There is an

entire hierarchy of behaviors that could relate to Generational and Cultural trauma.

Nascent childhood trauma is any traumatic event in the early years of development. It leaves a mark on the development of the child and ultimately the adult personality.

Any major trauma is directly taken care of by the inherent defense system and most times it is hidden for the time till the coping strategies are mastered. There are certain signs in behavior and personality that points to past trauma or abuse.

The next chapter shares some healing codes that allow you to create deeper healing with the placebo effect phenomena.

Once you are done with the codes, continue the practice with simple intentions and follow the outcomes. The intention must be to reach a state of balance and harmony in all aspects of life, improving your skills, correcting behavior, and changing habits. The process was already explained in Placebo effect chapter.

\* \* \*

## Placebo codes for Self Healing

*Words have the Power to create and shift your reality.*

This system did not fit well in energy healing modalities nor mantra systems. People called them by various names like healing codes, healing names, divine healing codes, word healing, channeled words, quantum codes, etc. Much of its design is described in the placebo effect chapter. The name finalized for them with this book is Placebo Codes as they hold all the elements needed to create a placebo effect.

It is shared here for the sole purpose of assistance in triggering the therapeutic response to various issues otherwise, most spiritual seekers get stuck with. This work continues to be focused on releasing the layer of trauma in consciousness that every spiritual initiate will have to come across and work through. The beginner is generally unaware of this inner layer and continues to function in trauma bound patterns and habits that form a block to self-realization and awakening. It happens typically for the very advanced initiates after 2-3 decades of

the yogic path where these layers begin to unravel and heal naturally.

The source of quantum codes and how they took design will be somewhere in the second book. Those in the path of spirituality and yogic systems must have already come across these processes occurring naturally during ascension initiations. These activations were shared in the form of sessions to assist other seekers and practitioners stuck with similar issues.

Beyond Placebo project is known for its unique placebo system that functions with placebo codes. The design was inspired by a comparative study of the Indian Mantra system and its effect on human consciousness.

### How to use a Placebo code for a healing response?

Placebo codes are words that have a specific purpose of triggering a healing response. Similar to mantra healing systems, the codes activate when uttered/chanted/read/talked about. There is one difference; you do not need to repeat or chant it multiple times. One time is enough.

To activate a healing session with a Placebo code one must lie down, close eyes, and read the code in mind. The session works for 30 minutes to a few hours. The best time to use codes is always before sleep. This is similar to placebo effect work where the intention is replaced with a placebo code.

### What to expect during a session?

The most common responses during these sessions are feeling of deep relaxation, calm mind, and sound sleep. Emotions from past experiences surface as memories with some realizations.



People sensitive to healing energy feels the vibrations and flow in different parts of the body. The session is felt for a few minutes, and then it goes subtle with cycles of events and self-realizations related to the session. There will be a deep calm and flow of bliss as the session completes. This is the complete cycle of learning.

From releasing stress, creating a happy response in life, clearing toxic emotions, releasing unhealthy behavior and patterns, recovery from trauma and its effects, removing dysfunctional and negative behaviors, etc. these sessions affect all aspects of life.

These sessions take a few days or sometimes weeks to show the effects in your practical life. Allow time. When working with a session, use only one session at a time. Allow the process of healing for as long as it is needed. Then go for the next session. Make a note of your expectations before the session and experiences after the session. Continue to note the changes happening in life. This helps in keeping track of your mind and the direction you wish to go.

### Placebo codes are best used in sleep meditation

When you meditate while sleeping it is called yog nidra. There are different forms in it. Use of Placebo codes is one such way.

1. Prepare for sleep so that you do not need to get up after the meditation. Try to switch off all disturbing devices and put off the lights.
2. Get comfortable in bed and feel relaxed. When the mind reaches a quiet state say the code in mind.
3. Allow the process.

#### 4. Stay relaxed.

Generally, the session creates a deeper relaxation and you will get in a deep sleep in few minutes. There is a disadvantage when meditating in a sitting position, as the deep states are rarely reached with the mind focused on holding the body in position.

#### Why codes do not work

The first time this topic was talked about, it was just a possible experiment. Most people reading the sessions or in seminars were not familiar with such a concept. It was tough for them to activate a session with words only for the first time.

The only reason was, the mind does not know how to connect.

Even though most participants were healers and coaches the idea of words creating healing response was new to them. They needed an experience before they could do it on their own. These people are used to the practice of healing with visualization of light, colors, and healing symbols. But once the session is experienced it becomes a natural thing for them to connect.

The other reason for not being able to connect is the confusion with mantra chantings or hypnotherapy commands. People have tried chanting the codes or using them in hypnotherapy suggestions. The placebo codes follow their unique way of working.

## How to make the codes work right

Multiple codes do not work so use only one code at a time.

Even if you feel nothing, try not to use other codes for few days. The codes work at a subtle level and not everyone could feel them. Also not all the codes are experienced by an individual.

So let it happen and not force the process.

Follow the steps and do not mix other modalities or techniques with them.

These sessions have worked for few hundreds of people, where some of them have read the posts or follow the channel Beyond Placebo. The channel shares a different form of meditation that integrates the codes with a peaceful music session. The current flow of views is more than 10000 per month which says people find them useful. This information is shared so that the mind believes the possibility and takes part in creating the outcome.

Now if you feel ready for the sessions, the codes are listed ahead.

Take only one session at a time and keep a gap of few days between sessions.

## Use Codes for Others

The placebo codes equally work well if activated for others. The process is similar to using the code for self.

1. Ask the person to lie down (or sit in a comfortable position) and close eyes.
2. Say the code in your mind or in a mild audible tone.

3. Leave the person undisturbed as long as it is needed.

Most people sleep for 30 minutes to an hour during major sessions.

**Disclaimer:** No part of this information is to be applied as medical advice. Meditation, healing, and self-help programs must be part of daily good habits. Under no circumstance, this information be used as self-treatment. The reader/user is solely responsible for their actions and later effects.

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(Table is replaced with bullet points due to technical errors in formatting)

\* \* \*

## Purpose - Placebo Codes

1. Clear Body toxins - **Callus Release**
2. Cleansing Toxins / negative emotions / long term stress / depressions / imbalance / habits/ appetite / sleep - **Meridian cleansing**
3. Body Posture / Muscular Stress / Negative emotions / body pain / traumatic memories - **Heal Structural Configuration**
4. Clear sexual trauma and negative emotions - **Sexual Freedom**

5. Negative behavior / repeating cycles of negativity one does not have control on - **Karmic Healing**
6. Heal negative behavior, cycles and interactions similar to parents / family members, ancestral karma - **Ancestral Healing**
7. Childhood issues affecting adult life/ habits/relationships/work - **Heal Inner Child**
8. Release negative emotions and memories in body language - **Auto-Reflexor**
9. Healing from narcissistic abuse - **Heal Narcissistic Abuse**
10. Past traumatic event that caused a loss of healthy connection with self, identity, happiness - **Heal Personality Fragments**
11. Perceiving aspects of self as negative and unacceptable causing emotional dilemma and conflicts - **Heal Self Rejection**
12. Traumatic events in family tree / parents that show up as repeating negative situations - **Generational-Trauma Healing**
13. Early childhood trauma affecting all aspects of life/ negative events/ memories/habits/patterns/personality disorders/ relationship issues/ co- dependency - **Heal Nascent Childhood Trauma**
14. Forgive self and Others - **Universal Forgiveness**
15. Correction of dysfunctional belief systems - **Cognitive Correction**
16. Clearly know the source of your choices - **Veil Release**
17. Transform the 7 Chakras - **Chakra Alignment**
18. Attitude corrections so that you honor self and others - **Honor**
19. Transformation and clearing the emotional field - **Emo-**

**tion Reimprint**

20. Transformation in the mental field - **Mind Reimprint**
21. Fully transformed mental field - **Crystalline Body**
22. Ability to communicate that heals / transformation of throat chakra - **Healing Communication**
23. Connection with the field beyond the mental body - **Field of Infinite**
24. Ability to transform all experiences into realization - **Touch of Enlightenment**
25. Activate feet chakra and transform the entire energy blueprint - **Feet Chakra**
26. The fully transformed communication ability that create spontaneous healings - **Harmonic Communication**
27. Activate healing abilities with intentions, touch, words, prayers and coaching - **Self Healing**
28. Realizing the Divine consciousness - **HARE KRISHNA**
29. Realizing the state of deep connection and bliss - **Sat Chit Ananda**
30. Identify the pathway that creates an experience, surface negative behaviors or patterns, clear negative habits, obsessions, addictions - **Structured reality**
31. Surface all suppressed desires and allow them to flow into completion - **Structure of Desire**
32. Use to heal past memories along with visualization - **Regression Walk**
33. Heal the dark matrix emotions and energies that are otherwise hidden - **Heal Emotional Deception**
34. Heal emotions - **Troubled inside**
35. An integrated form of command, prayer, chanting, and request that allows communication with self (inner mind) and universal energies - **Integrated Command**

36. Heal fear in mind - **Fear**
37. Release the duality programs from the chakra system / activate the ascended chakras - **Chakra Harmonic Upgrade**
38. Heal obsessive behavior - **Obsession**
39. Heal emotional damage cause by manipulative abuse - **Manipulation**
40. Clear structures of compulsion - **Compulsion**
41. Clear negative emotional memories held in body - **Renew Miasms**
42. Clear all stress - **Heal Stress Response**
43. Release patterns of overthinking and insecurity - **Insecurities**
44. Psychological exorcism, release negative programs and structures copied from others, hidden negative emotions and suffering - **Release Co-relative states**
45. Heal emotional effects of failure and transform into learning - **Failure**
46. Reach deep stillness and connect with nature - **Weather connection**
47. Release personal blockages in mindset and beliefs - **Self Created Hurdles**
48. Heal negative emotional states - **Despair**
49. Clear the negative emotions of shame and guilt - **Release shame and Guilt**
50. Recover from grief as past emotions heal and new path opens up - **Heal Grief**
51. Release negative self talk, self sabotage and self abuse - **Heal Inner Critic**
52. Heal childhood memories and transform parental programming - **Reparent Self**

53. Erase effects of negative events and rewrite a positive resourceful programming - **Soul Rescue**
54. Activate the protection energy in mind, emotions, beliefs, and choices - **Guardian Dragon Attunement**
55. Heal events of past life / negative information active in other dimensions of mind - **Past life Healing**
56. Heal emotional events that closed the emotional self and blocked feelings - **Emotional Shutdown**
57. Correction of attributes in a person - **Soul Correction**
58. Feel Connected, grounded, and happy. Maintain healthy relationships with self and Others - **Connection**

\* \* \*

The later part of the chapter explains some important sessions in detail. The detailed explanation is limited to complex sessions. The general sessions are meant to be understood with their names. Follow the table for all session codes.

It would be useful to read each of the session information before working with them. This allows a better state of coherence in creating the process of healing at a mental and emotional level.

Take a journal to note your expectations, experiences after the session, and later realizations. The paperback of this book has black pages in the last chapter for Journaling your session experiences. eBook readers must get a notebook and name it as Self Healing Journal for management of notes.

There are few common names used in the sessions but the process is unique to this placebo codes system. Few terms are



novel and will not be found in the same reference elsewhere. The names are decided by the author, the participants, the ones who request sessions or write feedback, and also by certain synchronous events.

Every word in this book is a Placebo Code if you know to access it. This book adds a new placebo to the world i.e. Reading a Book. The power of words and their use in healing was already known to the Yogis.

\* \* \*

## Callus release

This is a detox session used to cleanse the body toxins and effects of negative emotions that accumulated for years. This is the quickest way to trigger the clearing in physical, mental, emotional, and spiritual levels. The session was originally shared for spiritual initiates struggling with ascension symptoms due to negative emotions experienced in past.

One needs to drink lots of water when working with this session. It takes few days to complete one round of detox. You may integrate other detox systems like fasting, detox tea, massage, steam bath, etc. with this session.

\* \* \*

## Meridian Cleansing

Meridian cleansing is a powerful healing session as it clears long term held emotions and stuck flow of life force in the meridians. The body and mind feels clear and light after this session.

\* \* \*

## Story Time

I completed my seminars in this city and the next morning was to fly to another destination. This evening was a lunar eclipse and so I joined the participants at a nearby sightseeing spot. This place a hilltop was crowded by people for the event.

We sat at a bench waiting when the participant said something that was to be the next placebo code. She said that she never experienced such a climate in this city for the past 15 years. It suddenly changed the day she did a certain code session that relates to spiritual transformation.

I heard of ancient yogis who had the power to control the weather and make it rain. I did not know if it is possible.

The discussion continued.-

*Maybe your emotions changed so your experience of weather changed.*

*Feel the connection. Let it flow.*

*Allow connection with what you feel.*

*Feel the climate*

*And your Oneness with it.*

As she seemed absorbed for a moment, tears began to flow.

And with this clear sky, there were few drops of rain.

This phenomena was named 'Weather Connection'.

The session is more about experiencing deep stillness and connection with nature.

\* \* \*

## Sexual Freedom

This is one of the most powerful sessions with this project when it comes to clearing negative emotions and blockages in ascension. Originally the concept was shared for people who experienced sexual trauma in any form. Because sexuality is an intense form of emotion the effect it leaves is far deeper than other emotions.

This session also happens to be one of those unique work where a new chakra was created or identified in the process of healing. Chakra practitioners working with this session experienced a chakra activation that is not part of the classical seven chakra system. The new chakra was experienced at the perineum point (the site between genital and anus) and is named the Seat of Soul's Sexual blueprint. This chakra activation shows up with intense emotional release with all the sexual patterns and behaviors.

There are few colors attributed to this perineum chakra:

Pale Pink- Depressed

Dark Red- Intense suppression and held up emotional issues

Yellow- Lack of expression

Orange- Balanced energy

Dark Spots- Sexual trauma, health issues

## Golden- Transformed energy

\* \* \*

## Story Time

I received a call. This person still sobbing talked about the session shared this morning. After reading the topic and the code there was an overwhelming flow of emotions and memories. This person has never responded to any other healing sessions. This code related to the sexual trauma created a powerful release of abuse and trauma memories held for an entire lifetime.

The second time this code was used by someone was in a large group with similar issues. Everyone showed a sudden shift in mood and emotions as the speaker talked about the placebo code.

\* \* \*

## Heal Structural Configuration

This session is for deep relaxation and releasing stress held in the entire body, muscles, ligaments, and skeleton. The muscles and ligaments heal and release stress and its effects that are held up as triggers. This session also affects the body posture and the distribution of body weight.

\* \* \*

## Auto-Reflexor

Auto-reflexor is a combined term for reflexology and yogic system. The belief is, the body already knows what is needed to heal. All one needs to do is tap into the wisdom and allow. This also forms the core of body wisdom used in different yogic poses in ancient yoga systems. The rule is simple, body needs movement in a certain way to release and align. If the body poses are chosen in alignment of the awareness offered by the body, new dimensions of consciousness could be experienced with each pose.

During the use of this session, it is normal for the body to feel relaxed and then give subtle movements in muscles, major movements at limbs, taking certain posture, warming up, or feeling cold. This plays the role for the release of the held up stress. This happens for few seconds to few minutes. Allow the body to work through the process. In case of long-term stress and/or trauma, these movements might be intense and continue for a longer duration.

Practitioners discover new type of yoga poses and powerful mudras with this process.

\* \* \*

## Karmic Healing

For those who experience a repeating cycle of negativity in life, this session will help in bringing a closure to this pattern. The subconscious follows certain laws and one of them is similar to karma. What you decide for others, the same information

is applied to self at the very moment of decision. This is what some people do not realize. The judgment and projection towards others affect only one person and that is the Self. This cycle ends when the major learning cycles complete. This session allows the space to be able to learn from experiences and make the right decision. This session also plays a major role in the process of self-realization and awakening.

\* \* \*

### Ancestral Healing

This session was originally requested by participants going through repeated negative patterns that they identified were learned from their parents. Then there were other issues that persisted in their family tree for ages. Indian Spirituality believes all karma and life lessons are passed down from the ancestors and it is important to work with them before a path of liberation is allowed. This session assists in healing, balancing, and integrating the unlearned lessons from your ancestors. Once that happens, ascension is natural and without any struggle.

\* \* \*

## Story Time

We were offered lunch that afternoon. I got my plate and sat a few feet distant from the television. This guy got his plate and sat by my side closer to the television. He helped me with all the preparations, travel, and food orders during seminars. And he did work with some of the sessions.

The moment he was about 4 feet close to the old-fashioned television the screen blurred and began fluctuating. There were only three of us who knew what happens with this guy.

We asked him to move away from the television and he jumped with a burst of laughter. The other people did not realize what happened.

I have witnessed that with him earlier. He would walk past the street lamp and the light will fluctuate till he is nearby. The radio and old fashioned television too gets disturbed in close vicinity.

This is fun to witness that people cause electrical fluctuations.

A lady from another country who followed my posts wrote back that her table lamp goes off if she tries to touch it but for her mom, it does not do so. She was scared by the event and wanted clarification.

Another lady trying a crystal energy transmission experienced a much strong fluctuation in her entire house and then the building's main transformer fused.

How a person affects electronics? No explanations!

\* \* \*

## Heal Personality Fragments

Traumatic events create a shut down of emotions and separation in aspects of self that get hidden in the layers of consciousness. This is termed soul loss in spiritual terms as such events seem like an important aspect of behavior/trait/attribute missing from the person.

Some signs:

1. Inability to feel emotions
2. Feeling like disconnected from past happy self
3. Unable to show empathy to self or others
4. Excess Dependence on someone or something
5. Not feeling happy again
6. Not feeling whole or complete
7. Loss of past virtues and abilities
8. Always lost, spaced out, and ungrounded
9. At times need to attack or damage others (something similar to lost aspect)
10. Easily picks other's behavior and personality
11. Too sensitive emotionally
12. Easily gets affected with negativity around people
13. Addiction brings ease
14. Feelings and expressions of emptiness
15. Depressions with some other signs
16. Pain and disability in certain part of body

\* \* \*



## Story Time

I had shoulder and back pain developed during traveling that entire month. It was because of the backpack I carried. If I knew what was to come, I must have avoided telling this person. This too follows a synchronous event and was to be the next major work in this project.

This lady was in one of the book presentation seminars. She has her own healing abilities with prayers.

I happen to talk of my back pain on a message where she offered to heal it. I had no issue in receiving a session or not because it was expected to relieve in few days.

I said, yes to the session and went to sleep.

It started as a feeling of magnetic field scanning my feet and then moved up the body. And then it was the most painful session I have ever had in my life-time.

It felt like my left shoulder was moved and my spine was reset in a surgery.

I gasped with the pain for almost half an hour after which the shoulder felt really warm. This was a weird night's sleep.

The next day I received her words - 'you seem to be such a lover-boy, your heart was with someone else. It left a dark spot in your field and caused pain. What you experienced was the process of merging back of the piece of heart left with someone'.

This was a new topic. Losing parts of self to others, emotional memories that heal with extreme physical symptoms, and the ability to find the lost aspects back.

\* \* \*

## Heal Self Rejection

This session is about knowing, accepting, and healing the rejected aspects of self and then merging them back into a whole and healthy consciousness. The spiritual name for a similar work is shadow work.

The rejected aspects get disconnected from the personality and stay in a state of dysfunction. There is no further learning or refinement in these aspects as the mind has rejected and consciously cut off from them. These are mostly programs that a persona perceives as negative or unacceptable.

The problem shows up when a person needs attributes or inner resources from the programs that were long rejected. Because these levels have long been cut off from self, the resources with them are also lost or hidden. And the personality struggles to function with a lack of needed resources. There are also health issues that are related to emotional rejection.

Examples are rejected emotions of sensuality or sexuality, rejected image of self concerning something, rejected aspects of life, memories, experiences, perception. These structures generally trigger rejection, hatred, shame, guilt, fear, criticism, etc.

The simple most powerful way to heal is total acceptance of self in all aspects and behavior, then realizing not to judge others. This takes some time and work before the process begins. With this session, all rejected aspects and layers ever developed are healed and emotional responses released to retrieve the inner resources and return to Wholeness.

\* \* \*

## Heal Inner Child

Childhood trauma, abuse, abandonment, excess stress, bullying, loss, negative experiences have adverse effects that spread to all aspects of life. The conscious mind has no control over these programs while these emotions and experiences play a major role in structuring the adult personality. The negative programs and imprints repeat in different aspects of life.

The inner child or the aspect of self that was formed during childhood is the original controller of your personal choices, perception, experiences, and ultimately your fate.

People who went through tough times, weird experiences (continuous bad luck, weird spiritual stuff, always bad partners), unable to work out solutions, inability to receive in life, addicted to love, addicted to substances, out of control behaviors, etc. may have a link with childhood negative experiences, abuse or trauma.

Major trauma or damage to this aspect will ruin the life of the person as well as anyone close. This happens because the painful programs keep repeating until the wounded inner child finds a space of healing.

Inner child healing allows you to release the deep-rooted programs from childhood that keeps you stuck in negative patterns and situations.

*This session covers many aspects:*

1. Childhood trauma, abuse, neglect, damage, lack of understanding, misleading perceptions.
2. Negative effect on learning
3. Habits and patterns of damaged inner child

4. Gap and lack of maturity in many aspects of life
5. Inability to connect with others in a positive way
6. Damaging habits and programs
7. Distorted perception of the world
8. Misaligned choices
9. Triggers of trauma and suffering
10. Lack of adult skills e.g. Executive skills, planning, etc.
11. Inability to create healthy relationships
12. Unnecessary Triggers of survival instincts fear, anxiousness
13. Inability to comprehend cause and effect Becoming a lifelong victim or victimizer
14. Distorted / damaged sense of self
15. Strong aspirations that are harmful
16. Inability to correct self
17. emotional immaturity
18. Strong resistance and triggers to criticism
19. Psychopathic / narcissistic patterns or Victim
20. A predator or always a victim

\* \* \*

## Story Time

It was holiday time we were on a tour to a hill station. There was a halt for lunch and then we were to travel for another 5-6 hours. This restaurant has an adjoining store where I went to buy a water bottle. I got sight of a wall hanging that has rubber balls for children. A yellow tiny ball (crazy ball) first introduced

in the market when I was a child. Then it was replaced by the bigger version. As a child, I had a strong fancy for this yellow ball my friend had and I never found one in the market. I even dreamt of this ball as a child.

It is more than 20 years now. For some reason, there was a response in me as I asked for the price of this ball. It was 10 rupees. I picked the yellow ball and paid the store owner for the water, coke, and the ball with some 50 rupees as a tip to the boy who delivered the cold drinks.

I was in a different state of ecstasy. I smiled like a fool as my plexus was in a flur of energies and emotions. It continued for hours. That night I had lots of dreams from my childhood playing with the ball.

Life someway suddenly changed for me in a moment. I never realized the child in me still exists and shows up with such small things.

This one is a simple yet powerful experience of transformation where the object activated the completion of desire held up in the inner layers of the mind. The completion transformed and spread to the other layers that showed up as joy and ecstasy. This is one way of practical regression or transformation. Find the things you always liked as a child and gift them to yourself. Life will reward you with a sudden wave of positive changes.

The process is also achievable with visualization and meditation but the effects are subtle and needs practice.

\* \* \*

## Heal Narcissistic Abuse

A victim of long term narcissistic abuse shows signs of deep emotional and mental damage. Some signs could be sleep issues, emotional problems, depressions, confusion, inability to express, fear and phobia, excess stress, panic, OCD, and other mental problems listed in narcissistic abuse syndrome. The only solution is getting the person away from the victimizer. Then a proper therapy could be applied to fully recover and restore healthy life.

This session helps in recovery from narcissistic abuse trauma by releasing all emotional and mental imprints of abuse. There are certain reasons a narcissist or toxic person is attracted to a certain person. This is called the behavioral fit-in model that makes a person perfect as a victim. Such inner programs attract narcissists and psychopaths like a magnet. This session covers such inner programs.

Children raised by narcissistic parents go through this complex situation for their entire life. Scars of parental abuse and manipulation affect every aspect of life. The children over time develop the same patterns as their narcissistic parents and may play the role of a victim or victimizer in the later phase of life. These inner layers of abuse also will surface in due time after this session.

\* \* \*

## Heal Nascent Childhood Trauma

The term indicates any type of trauma or adverse childhood experiences or perceived trauma during the early years of development. Generally, a person does not have memories of this phase but the entire life is structured from these core experiences and programs. This session though similar to inner child one but deals with a much deeper level of damage.

A combination of therapies and healing with long term counseling may help in support and management. This type of trauma is hidden and suppressed by the mental defense systems. Generally, the person keeps playing the same trauma in one of the two roles, either as the victim or victimizer. There are other personality issues listed below that are related to childhood trauma.

1. Addiction
2. Unhealthy behaviours
3. Self abuse /sabotage
4. Unhealthy relationships
5. Intimacy issues
6. Personality disorders
7. Phobia
8. Criminal mentality
9. Cognitive distortions (fantasy mindset)
10. Emotional immaturity
11. Lack of multiple adult skills like cooperation, executive skills, management
12. Memory issues
13. Poor health, bad habits and routines
14. Mismanagement of resources

15. Self image issues
16. Lack of boundaries
17. Craving for attention / inability to receive attention
18. Mental emotional disorders
19. Paranoia, psychosis, OCD
20. Suicidal
21. Sexual problems / hyper / multigamous / damaging
22. Twin flame seeking (inability to maintain a healthy relationship and seeks something outwardly)
23. Negative spiritual experiences, black magic, demons, ghosts, alien attacks
24. Excess spiritual experiences / hypothetical world perception
25. Unable to accept the physical reality and stays in spiritual levels
26. Multiple health issues in body (acute to chronic)
27. No good human relationships with anyone

It takes a real-time in few years to totally heal and restore with a multi-level combination of healthy habits, positive living, corrective behaviors, and lots of counseling and therapy. This session will assist in deep relaxation and allowing the healing. It still takes the same needed time and making the needful choices that allow healthy changes in life. The point is making the choice to heal and work through the process.

\* \* \*



## Cognitive Correction

This session is specific to belief systems and the way mind filters the reality. Dysfunctional belief creates behavior, experiences, and feedback that are cut off from the practical reality. The personality attached continues to protect these beliefs irrespective of the negative life lessons these programs create. Generally, a person is unaware of the large debris of such beliefs and related behavioral patterns because there is a lack of proper feedback from outside or the mind filters out all feedback. Over a period of time these beliefs create a reality that is dysfunctional and causes a lot of suffering to the person. This shows up as strong negative experiences that are created by self. The mind reaches a state of conflict between the internal beliefs and the available life situations. It may take years before someone realizes the truth. At times the person might show signs of emotional shutdown and goes totally numb cutting off from the outer environment.

This happens to be a long cycle of self-created suffering and the only reason is dysfunctional beliefs learned from elsewhere. It is the nature of the mind to absorb, apply and attach to the first type of information learned even though it might be dysfunctional. The first layer of beliefs is passed down from parents and the later layers from the society or culture. These belief systems and behaviors worked well for those people but that does not mean they work for everyone.

Then, holding on too strong to dysfunctional belief systems even though it created a life of misery is another sign of trauma bond behavior. These belief systems form the loop of suffering.

There is no medicine for your Beliefs.

\* \* \*

## Universal Forgiveness

This is a forgiveness session in all aspects of self and with others. It creates powerful transformation in your interactions with others. The negative cycles of drama generally fall off as the mind forgives everyone involved. This is a powerful step into personal freedom.

\* \* \*

## Generational Trauma Healing

Trauma and trauma triggered behaviors passed down in the family tree and culture is termed intergenerational trauma. Most people never understand that most of the life lessons are programs passed down by parents, family, and culture. In case certain behaviors that are formed as coping strategies after trauma, they too get passed down. Because the current generation did not have any direct experience of trauma this particular behavior and pattern might play a negative role in attracting negative events and experiences. There are other complex ways this trauma gets passed down. Clearing these programs might release a lot of dysfunctional behaviors, fear, phobia, mental and emotional problems, health issues, relationship issues, etc. The list might cover pages that might come up with this level of work.

\* \* \*

## Healing Communication

This activates the ability to heal others with communication. Some people call it as throat channeling where the throat chakra emits healing energy as the person speaks. To be able to access this level of communication an individual must learn conscious use of words, stay true in every word and express self-realizations. The energy and mental field become active in transferring information when the words share the core realizations.

This is the activation of transformed throat chakra which will continue for years. After the use of this session, allow time to rest and spend time in silence. Sometimes the throat may feel sore due to the cleansing needed in the process. After the session stay aware of the words you use.

If you had issues in expressing yourself or there is suppression in expression it may cause a forced release of what you held for years. Careful with the use of words.

Your words are powerful to create and shift the entire reality.

\* \* \*

## Story Time

Chikoo called that afternoon. She was one of my graduation batch-mates and know me for years. Past few weeks she discovered something in the way I speak.

She said, 'what is this ka—ka-kr-kar. When you began stammering?'

I had no idea why it is happening and it was few months. The stammering was specific to any word that has the syllable 'kar-kr'.

It was annoying and both humiliating. And now I am a public speaker.

This continued for an entire year with the issue shifting from the syllable kr – shhh –nii.

These syllables were later named as the primordial tonals that create the resonance of universal energy from throat chakra.

\* \* \*

## Harmonic Communication

This is a fully mature form of the above code where the throat chakra has transformed into the universal chakra. It no more has a blue color.

The ability to communicate and flow with the divine consciousness in words gets fully active. When you listen to such a yogi talk or chant there are all sorts of vibrations flowing. But if two of such yogis come together and discuss a topic to create new levels of information you will find that it creates a much powerful field of spiritual energy that spontaneously heals and transforms all who listens to them. The creation of new type of information also create electrical fluctuation in lights and electronics around.

The more they discuss and refine the information the powerful the resonance.

These were the gifts of ancient yogis and those who developed the RAGAS.

\* \* \*

## Story Time

The first time the communication code was shared a healer wrote back that he received a message during the session. It was translated as:

‘One will be destroyed and rebuilt in a new light. And when the one channels from his throat, he brings freedom to all’.

\* \* \*

## Chakra Alignment

This session heals, clears, balances, and aligns the chakra system with universal energies. The human chakra system already began the process of transformation in the last few decades. New chakras and colors were identified by chakra healers every year. Once the chakras are in total balance and alignment a wave of upgrade will transform the chakras to a new level of consciousness.

\* \* \*

## Feet Chakra

The above session was for seven chakras and this one covers the feet. Generally, the feet chakra is not an easy one to work with. It holds the entire blueprint of the person and so it has all the karmic programs.

The transformation and activation of feet chakra is no less powerful than Kundalini activation. A feet chakra activation signifies the person is already an ascended being or is close to ascension.

\* \* \*

## Chakra Harmonic Upgrade

These are the new human chakras that are free from the programs of duality. As the chakras transform the perception and experience of duality with each chakra will shift to a state of oneness.

The duality states:

1. How you treat a person in power vs a common man
2. How you feel about a loved one vs an unknown person
3. Perception of valuable object vs no value
4. Friend vs Foe
5. Good Vs Bad
6. Rich vs Poor

\* \* \*

## Story Time

It was daily routine meditation practice when I felt a sudden stabbing pain in my chest. Like a hot pin was pricked and then the heat spread to the entire chest and the spine. The strong spinning was overwhelming.

I happen to fall asleep for few hours. By the time I woke up the spin and heat has gone mild but continued for weeks. It was also giving flashes of heat and visions of golden light.

Soon this spinning began moving in the spine and other chakra points. Each time a chakra does that it creates all the issues related to the chakra.

At this time I happen to communicate with few chakra healers. Some of them explained imbalance and asked to rest and take detox baths.

The one who checked the chakras said that the chakras have unusual colors and sacred designs with huge energy emissions. The chakras are transforming to a golden color and in time to come these chakras will give abilities that were not known to this plane.

\* \* \*

## Sat Chit Ananda

There is an ultimate state of realization, deep bliss, and union this session brings. It's pronounced Sat (like **Sun** and not **Saturday**).

This is said to be the true nature of every soul. The path of Yog was to unify with this consciousness.

To meditate on this session, prepare your mind, get in a meditation position or lie down for sleep meditation. Then say it once as described.

Sat Chit Aa-nan-da

Now flow in the meditation and allow the experience.

\* \* \*

## Hare Krishna

This session is a path of connection with the divine self and realize the consciousness of 'One in All and All in One'.

The multidimensional layers open up and align to make the path clear towards self-realization.

The session follows a deep bliss with alignment with higher wisdom and universal nature.

\* \* \*

## Self Healing

This activates the inherent healing abilities and the ability to connect with the consciousness of wellness. Healing works through intentions, meditation, prayers, touch healing, ritual-based focus, counseling, communication, etc. The true nature of healing and staying aligned with healthy consciousness is not limited to modalities. The ancient yogic systems applied them much to the daily household work like cooking, bathing, ways of eating, simple exercises like stretching and walking,



house cleaning, gardening, etc.

The mind is connected with everything and it is important to stay conscious in all aspects of life to live in deep harmony. This session activates that level of self-realization. Follow your intuition and feelings.

How to get in the feedback system?

Every person is unique and the inherent feedback system may follow a certain unique way of communication. Begin to follow your thoughts, feelings, and emotions. Try to follow the inner directions (if it seems meaningful). Sometimes the ways might seem silly or meaningless. Try it 1-2 times and let the feedback show up. If there is no feedback from the system. Quit.

The feedback from your body-mind-emotion shows up as happiness, bliss, deep sleep, change in circumstances (as perception changes), a shift in emotions, dreams, and memories in sleep. The list is infinite. If there is change, then there is possible feedback.

Also, nothing works for long. Once the change has happened, the mind least responds to the same thing.

Note: This information applies to all small things in life and lifestyle. Do not over-do anything. Do not take part in anything that could be harmful to the body, health, image, or to others in any way.

\* \* \*

## Structured Reality

The name indicates the experience, perception, emotion, belief, and other information that the mind uses to create a reality.

This session allows surfacing the entire structure of an experience otherwise the Personality (Conscious Mind) is unaware of.

The first session is a general clearing and retuning that allows the person to become more aware of the structure one follows to make choices. The first session is also an empowerment to be able to use this awareness in making changes in any life experience, behavior, pattern, habits, etc.

The integrated command is used during sleep meditation, healing session or prayers.

For example, someone trying to correct the pattern of obsession towards certain objects and hoarding will use the session as follows:

1. Think of the pattern
2. Make the command (statement), 'Surface the Structure'
3. 'Heal and release'

This session surfaces the core patterns and the primary programs that formed the need of hoarding objects. The sessions go through a lot of past memories and emotional experiences. It ends with the memories of the first event.

(The story about 'A song ruined my life' was the result of this session)

\* \* \*

## Structure of Desire

It is a different program from the above and works on the core desires that the mind has created, still creating, and will continue to create.

This session brings a wave of emotions as incomplete and suppressed desires surface and begin to reach completion. This happens at a subconscious level and the person will have multiple dreams or visions during the session and later for few days.

This session is important as it releases all conditional blockages in the mind and emotions.

The simple examples of conditional blockages:

- I will be happy only when I get this or reach this position
- Life is worth living when I find this person as a partner
- I will never feel happy again until I get it done

These are some examples that the mind may choose and continue living with it. In practical reality, there will be infinite situations where the desire will never reach an outcome or completion.

These stay as incomplete programs and conditional blockages in mind.

Then the mind continues to create new desires based on past experiences. So the structure of desire is seen as Fibonacci design where it forms a never-ending path. The more you explore the deeper it goes.

This session has the ability to restructure the inner programs and create the awareness to reach completion of desire at a subtle level.

It is a powerful level of spiritual consciousness where the yogi has already experienced infinite desires in a few moments of Samadhi.

\* \* \*

## Regression Walk

This is a regression tool to rewrite the past experiences and heal the emotions related to them. The session is used with sleep meditation or visualization to travel back in memories and different dimensions of the mind. It allows making changes and retrieving inner gifts from the past.

This session could be used for healing past memories, release effects of childhood trauma and abuse, as well retrieve information from other realities.

People also used this for past life healing where the person was in another role and different reality.

Note: Regression walk allows to make positive changes in past life programs and some people realized the source of these programs were childhood stories. The other realities were created because the person imagined the story but did not have any physical experience. This creates deep programming that is active in another plane of reality and not accessible to the conscious mind. Childhood stories have control over our choices and perception.

\* \* \*

## Integrated Command

It is a combined form of prayer, request, and command that allows communication with the inner dimensions of the mind. The words are received and processed by the inner mind in the direction of the desired outcome.

The commands could be anything like- heal, feel relaxed, surface this habit, etc. Integrated command combines well with placebo codes for daily healing and meditation.

For advanced yogis, this allows communication with nature and universal energies.

\* \* \*

## Heal Emotional Deception

This name depicts the deepest layer in the negative emotional scale that is named Dark matrix in the Emotions chapter. Because all the negative emotions are intertwined they form a complex layer of emotions that the mind feels confused with and is unable to process. These are the deceptive inner programs. People experiencing long-term of negativity are at times living in this layer and most times themselves follow deceptive patterns.

Such people are not in control of personal values and are not the ones to be trusted. Their choices change with the inner cycles and form an unpredictable character. The manipulation and control created by such people work on those who are in the beginning phase of these emotions. Also, people with all sorts of negative and weird experiences in life are facing this

layer. This session begins the unraveling of this layer and is a powerful level of inner transformation.

Spiritual metaphors call it Inner Darkness or Evil all because the mind lacks the ability to consciously function in this layer.

Every yogi in process of deep meditation comes across this layer of consciousness. There is no way to by-pass this layer. Most spirituals struggle here for decades.

The only path that transforms this layer is Total Acceptance.

\* \* \*

## Reparent Self

This is a session based on regression walk and similar to healing inner child. This session is unique in a way that it reprograms your parental programming. It positively shifts the way you were parented as a child. As the parenting programs change, there is powerful transformation experienced in different aspects of life.

Your relationship with your parents as well your children reaches a deeper harmony.

\* \* \*

## Soul Rescue

Soul rescue is a metaphoric expression for releasing the effects of a negative event in life. The emotions and memories followed by certain behavioral patterns will change as the event is healed

in the inner dimensions of mind.

\* \* \*

## Guardian Dragon Attunement

This is a multidimensional protection system based on personal choices, emotions, perception, beliefs, internal programs, and spiritual energies. The dragon is a depiction of the spinal energy of Kundalini and the attributes of a soul (person).

\* \* \*

## Soul Correction

Soul correction is a powerful session to transform the attributes, habits, and patterns of a person. It is a transformational level of consciousness to be able to correct the soul attributes. There are infinite levels of corrections a soul is processed through before the yogi reaches the Source.

\* \* \*

## Combination of Codes

Placebo codes do not work if combined in the first use. But once the sessions were integrated a combination might bring a deeper level of healing.

A powerful combination for any issue, behavior, and pattern is made with two sessions that work for almost anything. It is used as a command focused on the issue or problem followed by sleep meditation.

Example of a command- 'Surface the Structure and Activate Soul correction'. This command applies to any and everything.

\* \* \*

## Story Time

Inspirational stories bring more struggles because the mind gets motivated to struggle. A success story shares a lot or entirely the struggles of the person to success. The mind can pick only what is made available. This struggle story does not offer anything like the soft skills to reach that success. The result is obvious, the choice of struggle and lack of soft skills. Because time has changed, trends have changed and you need the right skills to reach a target. Stories of struggle offer nothing more than dysfunctional beliefs and attitudes.

Stay Discerning about what you follow.

\* \* \*

## In Case the Sessions do not work

In case sessions do not seem to work, you may review the following points.

1. Are you aware of your outcomes?



2. Do you know how you will reach the outcome?
3. How important is it for you?
4. Are you emotionally invested towards the outcome?
5. Do you believe in the process?
6. If you paid the right value for this information (book)/ are you ready to pay the right value for everything needed in the process?

The core structure of the work ends here. The later books will be a deeper study in the yogic systems and path of self-realization.

This book was meant to be a preparation phase for the upcoming shifts.

For all book release updates, subscribe to the newsletter @ <https://beyondplacebo.co.in>

Also it would be great support if you leave your reviews on the site of your purchase.

\* \* \*

## Creating Your own Codes

Decide what you desire or seek a healing/correction for. Fix a word you wish to use as the key activation.

Use the flow chart to create your own placebo codes.

1. What is the name / code to activate the session :.....  
.....
2. What is it supposed to work for:.....  
..... (write everything you wish to add)
3. How long it will take to complete the code formation

..... (days)

4. How the code will work.....  
.....(your thoughts about how it works/ the phenomenon  
it follows)

The perception of phenomenon depends on your personal belief systems and background. A yogi \ spiritual perceives it as the act of divine consciousness in process, a healer will have the idea of healing energy, a psychology student will have the idea of the subconscious process and a physics student might integrate the idea of quantum physics. These are ways of engaging the mind to take part in the process. Stay true to your personal background.

\* \* \*

## Q n A

**1. I always fall asleep during sessions. Do they still work?**

Answer- Yes. It is normal to fall asleep during the sessions.

**2. I felt overwhelmingly sad during the first few minutes and then it felt releasing. Is it normal?**

Answer- Yes. Sometimes the suppressed emotions surface with an overwhelm.

**3. Why the drama in my life increased after the session?**

Answer- Because the inner layers are surfacing. The perception depends on the cycle of emotion one is experiencing inside. It will fall off soon.

**4. I am constantly under attack of negative energies. What session can help me?**

Answer- Cognitive correction and structured reality. There is no negative energy, you are experiencing your own emotional rejection with a different perspective.

**5. I am affected by some strong Black magic. Is there any code for that?**

Answer- Experiences related to the cultural programs are better resolved by those who are linked in it. You may find help from some spiritual guru in your place.

Alternatively you may take the path of releasing the belief of BM and then work to clear the deceptive negative emotions linked with childhood trauma. It will shift your entire reality where BM does not exist.

**6. Your codes are powerful. What I should use against the dark matrix of Annunaki aliens?**

Answer- Stop blaming your parents. Use a reparenting session.

**7. My partner/friend/relative needs this session but does not believe in it. How do I help?**

Answer- Share your experiences with the person or help them experience it for the first time.

**8. The evil always try to block my work. I can feel it at times.**

Answer- It means you are aware of your lack of skills and it is hidden under emotions of rejection.

**9. The negative aliens, beings, darkness conspiring against lightworkers?**

Answer- It is a survival instinct that gets over-active after a traumatic event. Such people on a mild level always feel threatened and conspired by partner / family / relatives / government / agencies / aliens / dark forces (or every other

metaphor). As the trauma experience dissolves over time it will naturally stop. In case of early childhood trauma this may continue in some hidden layer of mind. This creates the roleplay of all the above cases.

**10. How do I know healing has happened?**

Answer- You are the one to choose the process, outcome and also the milestone.

**11. Are there any side effects of this placebo codes?**

Answer- The negative effects are explained in placebo chapter. All positive and negative effects are decided by the mind. In case you feel there is some side-effect, then review your thoughts and feelings, and correct your beliefs. It will change the way you wish.

**12. Why I feel vibrations with reading this work?**

Answer- Vibrations show up when there is a shift or change in emotions, mindset, belief or upgrade in information. You are reading and making changes in yourself.

**13. Is there any scientific proof of this work?**

Answer- This is a behavioral science and not wet lab research.

## Later Books in Series

### 'I Am' Experiments

Prepare for the path to be one with the Nameless and Formless consciousness.

This book shares how a simple choice to study and write in Indian Yogic systems transformed a Research Student.

In parts and pieces, this book takes you through a transformational journey in this sacred land and open up to the process of self-realization.

The connection through the experiences is powerful enough to transform the reader and receive the major ascension initiations a Yogi takes during the path of self-realization.

All this knowledge was already present in this Country and Placed at sacred sites.

It gets revealed to the one ready to receive.

\* \* \*

### Book 3 - Initiation

The first time I came across the name Mahavtar was on some kind of religious calendar. The name has been repeating for few months. This has been an intense phase after a major sickness in the past year.

I still do not know what this name connects to. That day in the book-market in Kolkata, I picked a book turned the page and it was the scene of Kumbhamela where the Author has his first encounter with Mahavatar Babaji. These events kept on. Someone sent a picture from a temple outskirts of Bangalore and the picture depicts a saint Mahavatar Babaji.

These were synchronous events during the phase I wrote of this Initiation, an activation that took 3 years before it was deciphered and written into a book. Later named to be an Initiation in the ancient yogic system in honor of this great Indian Yogi.

The session and its practice though very simple have been really intense to receive and integrate. This is one reason it took few years before this yogic knowledge was shared in writing. Understanding the process is by far from the logical intellect.

This one process anchors the entire process of spiritual purification and self-realizations to anyone ready for this. There may not be a need for any other teachings or activations. The initiation covers all the levels, layers, and dimensions of work needed in the process. It does deep purification, healing, and restoration of the true spiritual essence in such an intensive and deep way that otherwise may take few decades of spiritual practice. It is not for everyone or not even easy to handle. For those yogis and seekers who are ready for an intense path, this book shares the activation and the practice as received.

\* \* \*

## Book 4 - Quantum Evolution

Awakening and Ascension is not a unidirectional process. It goes in cycles like learning, integrating, and applying then discover a new area to repeat. It continues for-ever.

This book shares cycle of ascension into 24 major activations shared with Placebo Codes. It takes anywhere from 7-10 years to completely integrate this level of work in the path of Spiritual initiations.

The 24 activations are parts of the earlier Yogic Initiation for easy integration by all participants.

The times have changed and the mass level transformation has taken a peak. This work has its purpose to assist a large population to go through the process of inner transformation.

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## Book 5 (Updated list)

This book covers all dark and negative experiences spiritual seekers and some advanced yogis go through in the process of self realizations.

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## Behavioral Correction Series

The next series is in process of writing. The first book in critical skills and its relationship with early learning will be soon released.

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## Crystal Healing Series

A collaboration writing project is in process. The introduction is already released. Check the book, 'Celestial Crystals'.

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\*\*\*Read the Beyond Placebo book series and receive a special discount