

When you have to go with the flow

Dr Kaajol on how to heal and improve relationships

■ Prema K

All of us, at some time or the other, have had to deal with broken relationships or the death of a near and dear one.

There is a sense of resentment and the 'Why me?' attitude, leaving us with lot of negativity.

Such situations evoke different responses and reactions from different individuals.

And we all have our way of dealing with them. The point is that we need to learn to move on. But, how?

The power within...

One of the ways to get over painful memories is to take the help of our own mind.

Tarot reader cum holistic healer, Dr Kaajol believes in the power of Creative Visualisation and Affirmation. Creative visualization is giving form to ideas mentally with your inner senses.

Unlike daydreaming, in cre-



ative visualisation, you make conscious use of your ability to imagine a new reality, and make it come true with your passion,

belief and will power.

"They are wonderful ways of creating a more positive and loving image of oneself. It lets you

accept and love yourself the way you are and also lets you re-create yourself the way you want to be."

This, in turn, improves our relationships with people," she says.

Affirmations are one of the most important elements of creative visualisation.

They are often repeated positive statements on things we desire to come true.

The repeated words build mental images and scenes that affect the subconscious mind, which in turn reshapes and affects the way one thinks, acts and behaves.

"Affirmations work like commands given to a computer. They influence us, and everyone around us.

The conscious mind starts this process and then the subconscious mind takes charge.

This means that the most frequent thoughts that pass through your mind, ultimately affect your life and your destiny," Dr Kaajol explains.

Just let go...

Dr Kaajol adds, "The idea is to learn to just let go. You must relax and stop manipulating things and people to get what you want.

"You have to simply put it out clearly where you would like to go and then go with the flow.

"Hold on to your goals lightly and change them if something better comes along."

Dr Kaajol feels this is like maintaining a personal diary that lets one get rid of negative thoughts by getting it out of the system.

"With Creative Visualisation and Affirmations you begin replacing your stale, negative ideas with more positive ideas and concepts.

"It's a powerful technique that in a short time can completely transform our attitudes and expectations from life.

"It totally changes what we create for ourselves. It's a way of energising our destiny," she winds up.

According to the doctor:

I met a couple going through a divorce. There was a lot of anger within them, which was not good since there were kids involved.

I put them through this therapy and they developed positive feelings towards each other. Even if two people have to part, it's important that they do so with a smile and a hug."

A 19-year-old girl had just lost her mother to cancer. She just couldn't come to terms with her loss. She'd stopped talking to her father and was full of anger at her loss.

A woman in her late 40s lost her husband and job at the same time. She also had a problem dealing with her old mother-in-law at home.

There are lots of teenagers who are very angry and resentful towards their parents for enforcing things on them. At times, they also come to me when they want to get over broken relationships.

