

Joint Event

12th International Conference on Mental Health and Human Resilience

June 13-14, 2024

9th International Conference on Mental Health and Psychiatry

Rome, Italy

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The power of the subconscious mind in health

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In a world where modern medicine often appears to focus on external factors and genetic predispositions as the culprits behind chronic diseases, a new perspective emerges. This transformative message challenges the conventional wisdom and invites us to explore the incredible influence of our own minds on our health. What if the true battle against diseases were not fought against external invaders but within the intricate workings of our subconscious minds?

Within this abstract, I share the inspiring tale of a client who, confronted with a daunting 7.7cm ovarian cyst, placed her faith in the untapped potential of the human mind. Guided by a Clinical Hypnotherapist and Wellness Coach (myself), the two embarked on an extraordinary journey that served as a testament to the remarkable power of the subconscious. In a single session, reminiscent of a metaphorical mental surgery addressing the cyst's root cause, they achieved a miraculous result. Within a mere 23 days, the cyst that had initially necessitated surgical intervention had miraculously diminished to a mere 2.2cm, rendering any surgery superfluous.

It's worth noting that this abstract highlights a single transformative story, and there are numerous other similarly powerful narratives waiting to be shared in the oral presentation, along with the scientific rationale behind them.

The presentation delves into the interconnectedness of the mind and body, drawing parallels to the software and hardware of a computer. It introduces the work of J. Kappas, a pioneer Hypnotherapist, highlighting the supremacy of the subconscious mind, which governs our autonomous functions and stores answers to life's most perplexing questions.

The critical filter, a product of conditioning and judgment, forms a bridge between the conscious and subconscious minds, regulating the flow of information. The session underscores the importance of bypassing the conscious mind to harness the infinite potential of the subconscious.

Stress takes center stage as a significant contributor to health issues. With a remarkable 90% of doctor visits in the United States attributed to stress-related ailments, the presentation explores the physiological impact of stress on the body, from musculoskeletal tension to endocrine imbalances.

The holistic approach extends to understanding the connection between the thought, emotional, energy, and physical bodies. Emotions like guilt, anger, hopelessness, and fear, when left unresolved, wreak havoc on our health.

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In conclusion, this journey into the mind-body connection illustrates that diseases often stem from the "bugs" within our mental code, which, when unaddressed, manifest as physical symptoms or chronic conditions. It leaves us with a powerful message: the key to unlocking our infinite potential lies within us.

Biography

Sreemanti Gijare is an eminent luminary in the holistic health domain, radiating a transformative influence. With a master's degree from IIT Kharagpur, India, and a distinguished 15-year career as a Geoscientist in the corporate arena, she embarked on her illustrious journey. Her unwavering commitment to health and healing has garnered her a constellation of accolades, including the prestigious Gulf Achievers Award for Best Clinical Expert, the revered WonderMom Healer Award, the globally acknowledged 2023 World Peace and Humanity Award, the Inspire Wellness Leadership Award, the UAE's Mastermind Award for her outstanding contribution to Wellness, and the E-preneur Icon Award for her remarkable business achievements.