

# “I’m just going to remove the top of your HEAD!”



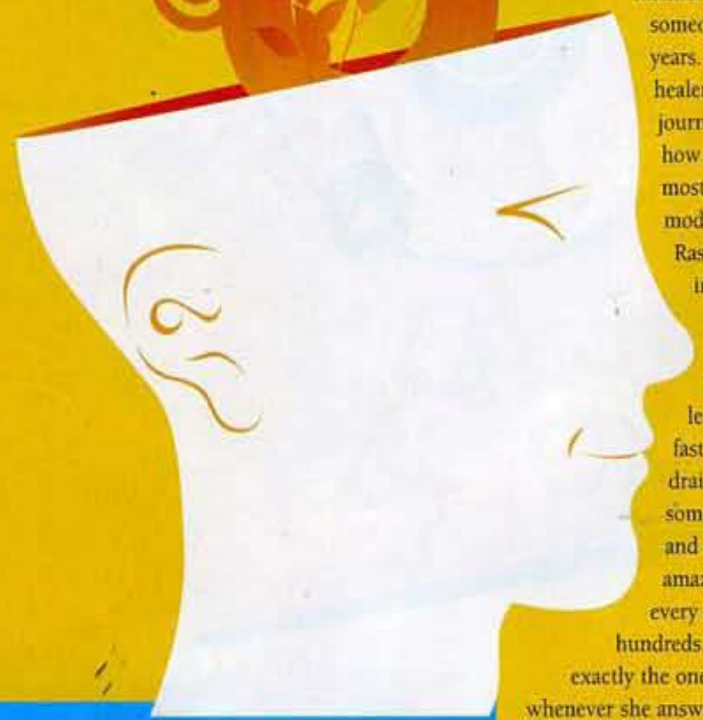
invited to a dinner party with the five different parts of her brain, *Angela Kennedy* suspends disbelief to test out brain-soul fusion

I feel like I'm settling down for a natter with an old friend, as brain-soul fusion practitioner Rashmi Parmar beams a warm smile in my direction and ushers me into her room at the Hale Clinic. Sensing things about me from the moment we shake hands, she immediately picks up on the whirl of hyperactivity circulating around my brain. She tells me I rely too much on my adrenaline, which I must admit I often find necessary for getting through the day. I'm unsure what to expect from this weird and wonderful-sounding spiritual therapy. It was developed by American healer Nicholas Harper (brainsoulfusion.com) who believes the "abilities we are born with are stored in

various compartments in our brain and within the soul. But as we grow, we become disconnected from our soul and the differing areas of our brain cease to work in harmony, so we passively react to life rather than positively acting. During this treatment, you are reacquainted with the various areas of your brain and soul". According to Harper, this therapy will help you make balanced decisions but access creative and intuitive areas more easily, stopping the over-reliance on the logical side of the brain. "Through repetitive use, our logical brain takes control of daily living. We become conditioned into believing this is how we will survive best. The logical brain rationalises that emotions are not

Tried & tested





**Which brain do you use?**

According to the technique of brain-soul fusion, everyone's mind is divided into five distinct parts. Over-reliance on one part, most often the logical section, will lead to an imbalance that will negatively effect your health and well-being

- 1 Primal brain: survival, relates to the base chakra
- 2 Logical brain: balance, and the default mode for modern life, connected with the base chakras
- 3 Creative brain: imaginative, linked to the sacral and higher heart chakra
- 4 Perceptive brain: intuition, relating to the third eye or crown chakra
- 5 Memory brain: connected to emotions and the heart chakra

useful, so you repress them, resulting in harmful blockages.

In fact, emotions are an amazingly powerful guide to finding inner truth,"

says Harper.

Rashmi sits me down and asks what area I'd like her to focus on. I plump for 'career' but am treated to a general diagnosis of the state of my life, which is probably more useful anyway. She has the easy manner and perceptiveness of someone who's been doing this for years. But she wasn't always a healer, in fact Rashmi's personal journey is an interesting tale of how spirituality can permeate the most materialistic corners of modern life. For most of her life, Rashmi didn't recognise her inherent powers. She had a high-pressure career in the City, regularly getting to the office before 7am and leaving late. She enjoyed the fast pace but it was leaving her drained. Finally the boss and some colleagues approached her and said they were constantly amazed how the files she got out every morning, from the store of hundreds, always turned out to be exactly the ones needed that day, and how

whenever she answered the phone, she always knew who was on the other end before they had spoken (there was no caller ID in those days). It was then Rashmi realised that all these preemptive things she'd been unconsciously doing might point towards psychic talent. She had also been having reiki sessions to combat her work-induced fatigue. And at one appointment, her reiki healer related a vision dream she'd had about Rashmi teaching and healing lots of people. Rashmi went on to nurture her skill by learning NLP and shamanic techniques. Later a friend, who had been helped by brain-soul fusion creator, Nicholas Harper, persuaded her to speak

to him. They exchanged a phone call and Rashmi felt a powerful shift of energy from the remote healer he then performed on her. He sensed she was especially sensitive to the technique and suggested he teach her about it.

**The treatment:**

After her initial, intuitive diagnosis of my overly-buzzing brain, I'm told to remove my shoes to ground me, to stand in the centre of the room, and relax with my eyes closed. Rashmi proceeds to cleanse my aura and to heal the rips in it. She describes removing negative and surplus emotions collected from others, which have attached themselves to me. She sees this as an energetic smog that clogs up my ability to function properly. I squint at her through half closed eyes to see what she is doing. She seems to be pulling out sections of invisible energy; she later confirms that this was the clearing of blockages and the energising of unbalanced areas. I imagine the builders across the road, who have a clear view through the large glass windows, are wondering what on Earth is happening! We then move on to some visualisation techniques. She asks me to imagine a happy memory being played on a huge cinema screen, and to let this pleasant thought soak through me. Then, I'm to tuck the memory away in a chest of drawers that I can easily access should I need a pick-me-up. She says she is surprised at how easily I master the visualisation and at how quickly I could switch my mind to different scenarios, but suggests while this is generally a good thing, perhaps it could be indicative of needing to switch off more and generally relax.

We next move on to the brain-soul fusion, and I am told to sit down. Then, rather disconcertingly, she asks permission to remove the top of my head; I'm relieved to find she's talking metaphorically! Then I have to blow into the top of my head to chase away those cobwebs. It takes quite a few breaths, so I suppose it must be pretty darn dusty in there! She now spends some time working inside my brain, brushing away unneeded thoughts and clearing my memory pathway, so I have a clean slate or a 'freshly mown lawn' as she describes it. Next I am asked to

**"She asks permission to remove the top of my head, and I have to blow into it to chase away those cobwebs!"**

**"I am asked to visualise a sumptuous dinner party at which the guests are various parts of my brain"**

visualise a sumptuous dinner party at which the guests are the various parts of my brain: primal, memory, creative, logical and perceptive. I'm told to imagine these parts, which have become separated, being re-introduced and having a conversation. In fact, I get quite carried away, giving each part its own characteristics, features and dress sense. My primal brain has a Helena Bonham-Carter-style rather haphazard look, while my logical brain resembles a bespectacled Dana Scully from the *X-Files*. It certainly ranks as one of the more bizarre therapy techniques I've encountered, but that certain aspects of your brain get used more than others makes perfect sense. After all, how often do you take time out to push logic aside and let your creativity run riot? Or do you always find yourself dismissing your intuition in favour of logic, when actually a balance of both might be more beneficial?

According to this therapy, the differing parts of your mind correlate with certain chakras (see the box opposite), and Rashmi also works on balancing these, but, once you've experienced brain-soul fusion, one of the aims is that the process creates a free-flow of your whole energy anatomy, so your brains work in harmony with more than one chakra. Part of the process is to break the energetic cords running from my solar plexus chakra, which, apparently, people have unconsciously attached to me in an effort to control me. And she suggests that I may find I'm contacted by some of these folks in the coming weeks, when they feel this link is severed.

Rashmi then asks me to visualise my soul joining the dinner party, and again working with the various minds. I've always thought of the soul as an indefinable essence of every being, so I struggle somewhat to visualise it, seeing it as a vague, white floaty thing. But Rashmi describes the soul as "the sacred light that keeps us alive and makes us wiser" and I find it easier then to imagine a ball of white light. Despite no physical contact being made during either of the two brain-soul fusion stages, I feel odd but pleasant and relaxing sensations in my head while Rashmi is performing the treatment.

After the process is finished, Rashmi runs me through a couple of things she sensed while

treating me. She strongly felt a problem with my hip as being a source of pain, and that I should get attended to immediately. Now, I've had problems with my back for years but the hip diagnosis mystifies me. Interestingly she tells me I have fairly strong psychic powers, which I usually repress. She suggests I nurture them and that I try to listen to my intuition more often. She picked up that my emotional side can be quite strong and that a love relationship is central to my life. But her diagnosis on my working life made me chuckle after a particularly hectic week, as she felt that both myself and the colleague with whom I work closely were too stretched and that we needed to slow down, as our creativity was being stifled.

**The verdict:**

I spend the next couple of days waiting with baited breath for my email to crash under the weight of old acquaintances vying to get back in touch, after Rashmi's severing of the energetic control cords running from my solar plexus. Sadly, or perhaps fortunately, my computer doesn't suffer from overload, although I do bump into an ex, with whom I've remained friends but haven't seen for some time. And after some indecision, I finally get the urge, in the week following my session, to get back in contact with a close friend from my school days. Her name pops up on an internet site I'm researching, and this gives me the final push to drop her a line. Coincidence? Maybe. But the most impressive result involves a trip to my new physiotherapist, who diagnoses misaligned pelvic bones as a possible cause for my long-standing back injury. This has never been suggested before by any of the many specialists I've seen over the past

five years, and it seems to tie in with what Rashmi said about my hip bone (which is joined to the pelvic bone) being the source of my pain.

Despite my rational brain telling me it's nonsense, I tend to respond well to energy-based treatments and brain-soul fusion is no exception. The delicious sense of relaxation I feel as Rashmi performs the aura repairs and chakra balancing, lasts well into the next day. And I leave the session feeling chilled out, and most definitely as if my adrenaline has been taken down a couple of notches.

Book an appointment at the Hale Clinic, London, on 020 7631 0156 or visit [haleclinic.com](http://haleclinic.com). A treatment costs £120 for 90 minutes. For information contact Rashmi on 07506 699465 or visit [sacredsoul.jimdo.com](http://sacredsoul.jimdo.com).

