

# *Managing Schemas with the P.A.S.T Release Program*



According to a 1932 study by Frederic Bartlett at Cambridge University, where he conducted one of the most famous cognitive psychology experiments of all-time; he determined that our beliefs about the world can actively change the way we remember and interpret information. In psychology terms, Bartlett’s research subjects were displaying what is known as a “schema.” **Sarmistha Mitra** tells us more.



Over the years as a Transformational Coach and Clinical Hypnotherapist, working with thousands of clients and being an observer that I am, I often witness that clients who come to me with a presenting issue, always have a deep-rooted fear or belief/schema which gives rise to the current issue. A schema is a strongly held belief that a person has about himself or herself, about other people, or about the world in general, and the belief can be either

positive or negative in nature. In all cases, the schema is accepted as being true, even if it's negative and causes harm or difficulties in the person's life. A person faces problems or pattern of difficulties caused by these negative beliefs. The theme of these problems often remains the same over time and repeats itself in different aspects and stages of life. When there is a problem there is tension, stress, and anxiety. The most intriguing observation was about how these beliefs/schemas rule our behaviors and in the long run, affect our health. Research

shows chronic early stress, or having a system that's not wired in a healthy and regulated way from the start, will impact not just our physical health, such as our digestion, immune system and heart health, but also will propagate the ailments of the emotions and mind that are associated with high alert and/or severe shutdown. Often, negative schemas develop at an early age. Children hold beliefs about themselves that they learn from their parents and other adults. For example, children who hear »

## heal

judgmental messages such as “You’re lazy” or “You’re stupid” will begin to think that these things are true and grow up to be adults who think they are lazy, stupid, or generally incompetent. As adults, these same people continue to think poorly of themselves and their negative schemas continue to grow stronger. Sadly, if left untreated, negative schemas don’t change very much throughout life; instead, they continue to be harmful to the person’s self-esteem and relationships. And how does this affect their health? These are the people who most likely will have anger, stress, and anxiety related health issues like hypertension, high cholesterol, etc. And what would happen to women who in their collective unconscious, grow up believing in the long history of suppression, repression, physical/emotional and mental violence on women? What schemas would they develop? And how would that affect their relationships, behavior, and health? These women grow up to be “boys” because being a woman “sucks”. There were too many things females had to deal with — menstruation is one example. They would believe that being a woman was HARD and that being a boy was easier. They grow up rejecting their

feminine side unconsciously. They might even look down upon women whose dream in life was to marry and raise children. They get quickly bored with women’s conversations. They might feel that they don’t fit in anywhere because they were women by gender but men by occupation and interest. Their bodies would most likely respond to their schemas by developing PMS, delayed or irregular menstrual cycles, endometriosis, to even cysts and polyps or other gynecological problems.

Our body is a feedback system. We know that our blood chemistry is changed by the role we play. Even actors experience changes in their immune functions and cortisol levels when performing in a play. Every time we are playing a role suggested by our unconscious negative beliefs, we are actually trying to reverse the natural functions of the body. This disbalances the nervous system, disturbs the hormonal balance and puts the body in a state of dis-ease.

Every thought we think has the power to alter our reality.

Every sickness in the body is an expression of our repressed limiting thoughts. We can psych ourselves to sickness; we can program ourselves to health. Now, the question is...are you

ready to believe in this power within yourself?

Our body is not meant to be sick; this is proved by the yogis through the ages! They have found the middle path, a constant search for moderation and a harmonious homeostatic balance. An inner balance of mind that remains stable and serene even in the midst of chaos. In order to be healthy, we don’t need to be a Yogi. We just need to bring our mind & body in harmony. We need to heal ourselves and release the negative beliefs that keep us imprisoned, and connect to the inner wisdom of the body. This means we have to be in constant awareness of our thoughts and actions. We have to understand the basics of survival, coping mechanisms, and how that affects us in our current life.

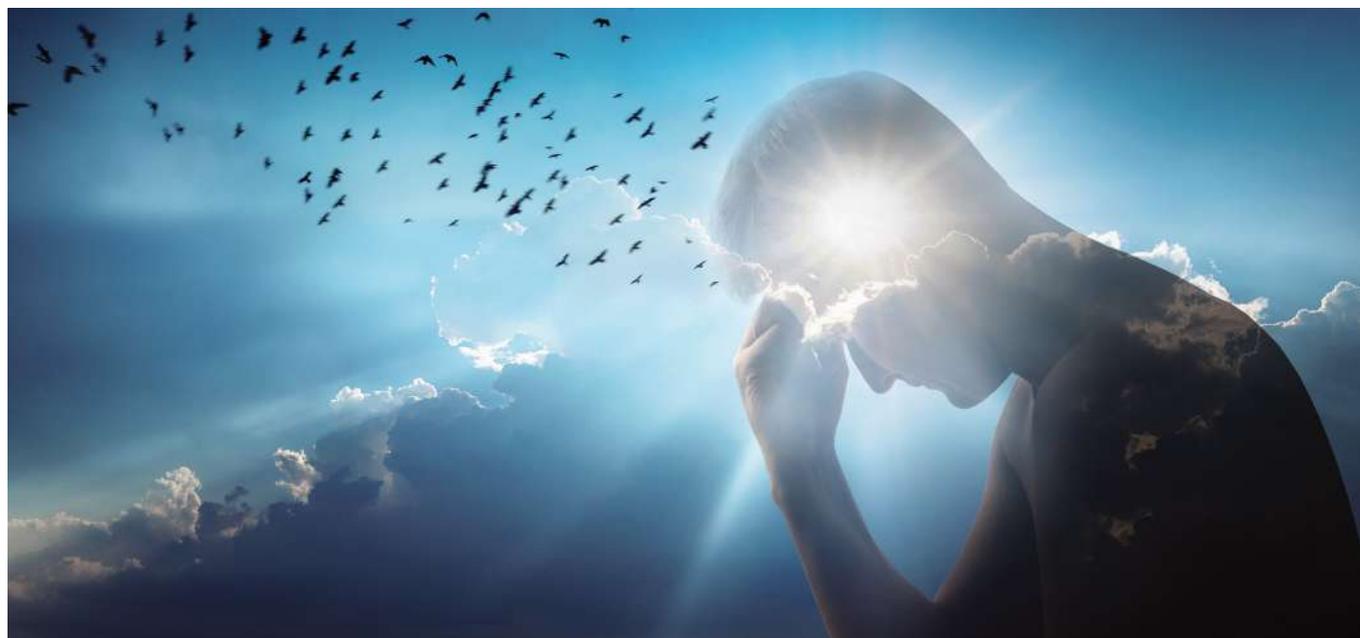
My journey of self-healing began when I was 17. This incredible transformation through self-discovery, awareness of my fears and my beliefs, has helped me to stay healthy for the last 26 years.

To heal means to do deep nervous system, somatic nervous system work. We must heal trauma at this stress chemistry level for change to stick. If we don’t work from this root level, this stress physiology will run the front of the bus and potentially take us to places we

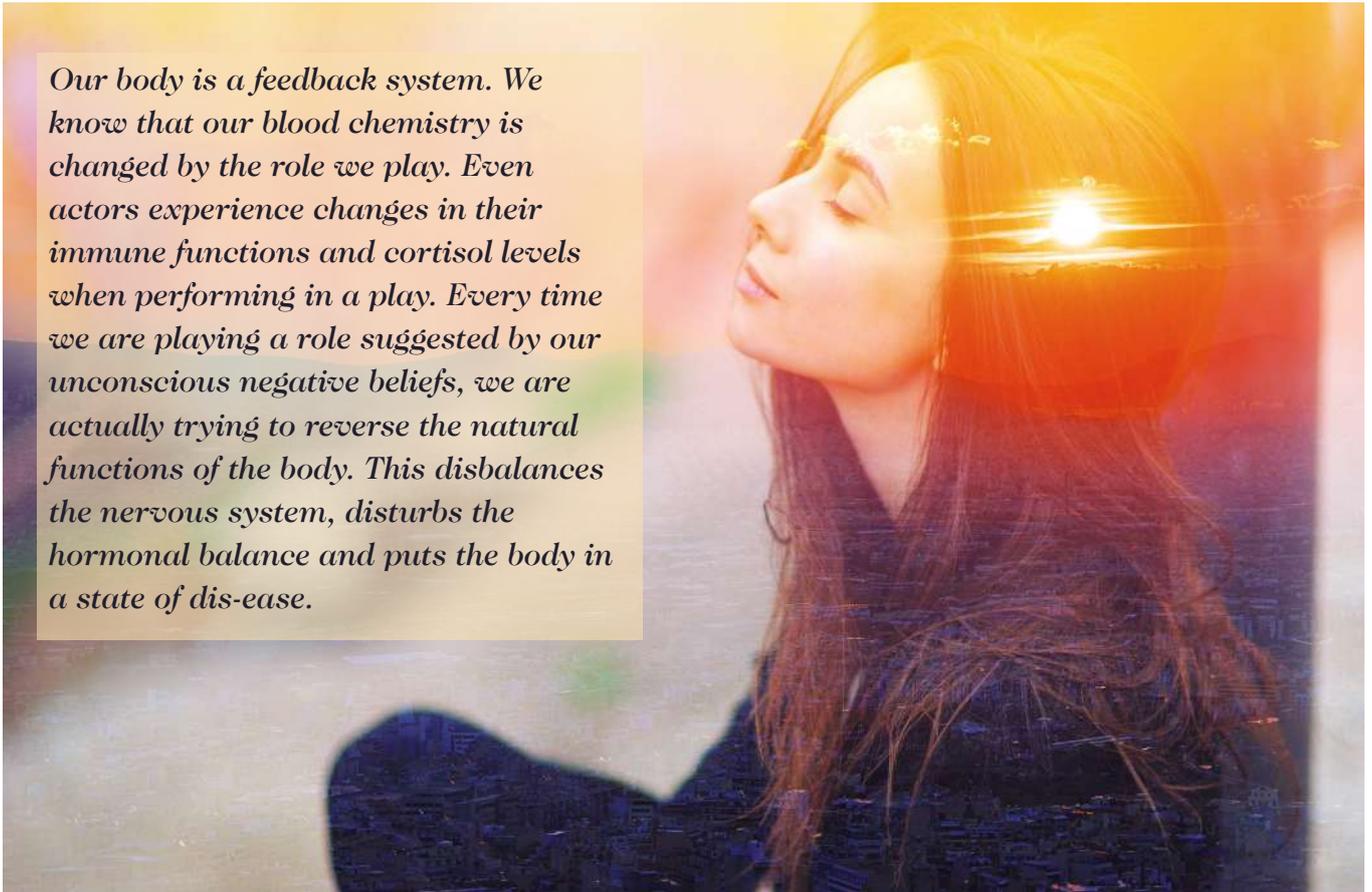
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don't want to go. So when you work at restoring nervous system health and healing via the lens of neuroplastic healing (reprogramming of the mind), the body's natural functioning restores. P.A.S.T Release Program or Psychosomatic Anxiety Stress and Trauma Release Program has been uniquely designed by me to restore our body back to health.

This program is equipped to deal with any mental, emotional or health-related problems. When we live in survival modes (also known as stress physiology, or stress chemistry) it usually isn't just during one moment in

the day, it is pervasive in our biology (chemical level) which impacts ALL aspects of our lives pretty much all the time.

P.A.S.T Release Program incorporates specific processes, such as Hypnotherapy, CBT, Trauma Release Exercise, Trauma Resilient Model, NLP, Spiritual Counseling, working on both the somatic as well as the psychological levels, to help people release the heavy emotions or trauma or energy blockages to get free of anxiety, panic, fear, worry, pain and overwhelm. Once they are able to shed the false conception of self, by

overcoming their fears and limiting beliefs, it is possible to start feeling positive changes. And after releasing repressed emotions, automatically new life-enhancing programs replace the old faulty ones, and you then react with calm and serenity, in events that used to trigger unwanted anxiety.

What emerges is a deep level of self-awareness, clarity, and connection with this powerful healing energy that exists within and around them.

Join Sarmistha for a consultation to create a roadmap towards resolution and begin your journey of spiritual exploration, health, and healing. ✨



Sarmistha Mitra, works as a behavioral therapist and spiritual psychologist at Illuminations Well Being Center, JLT. Using mind reprogramming tools such as, Hypnotherapy, NLP, CBT, TRE... she assists people tune into their mind & bodies, to discover essential information and heal themselves. Helping people understand how thoughts, emotions and energy blockages can contribute to the pain and disease they are experiencing.

She outlines specific processes to release those heavy emotions or trauma or energy blockages to get free of anxiety, panic, fear, worry, pain and overwhelm. It is possible to start feeling the positive changes in just few sessions. And after releasing stuffed emotions, automatically new life enhancing programs replace the old faulty ones, and you then react with calm and serenity, in events that used to trigger unwanted anxiety.

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