

BARKATT

SOCIAL MEDIA MARKETING AGENCY

Prevention of

Coronavirus

Humkara

with Haleem

Upcoming Workshops

Start your spiritual Journey NOW!

Mind, Body and Soul

All are inter connected

Choosing

Your Spiritual Healer

Examination

Anxiety

Certified Clinical Hypnotherapist
explains HOW TO PREPARE FOR
BOARDS EXAM

The Healing Space

Samagraa

A traditional occult

Shop

Meet Our Expert

Healers and Guides



**WE WELCOME
YOU TO OUR
VERY FIRST
E-MAGAZINE!**

Barkatt

*Y*ou will find this E-Magazine filled with educational information, articles, helpful tips, events, news and much more. We want this E - Magazine to

be valuable for you so please share your feedback and suggestions to help us improve. If at any point you no longer wish to receive it, simply click the unsubscribe link in the footer.

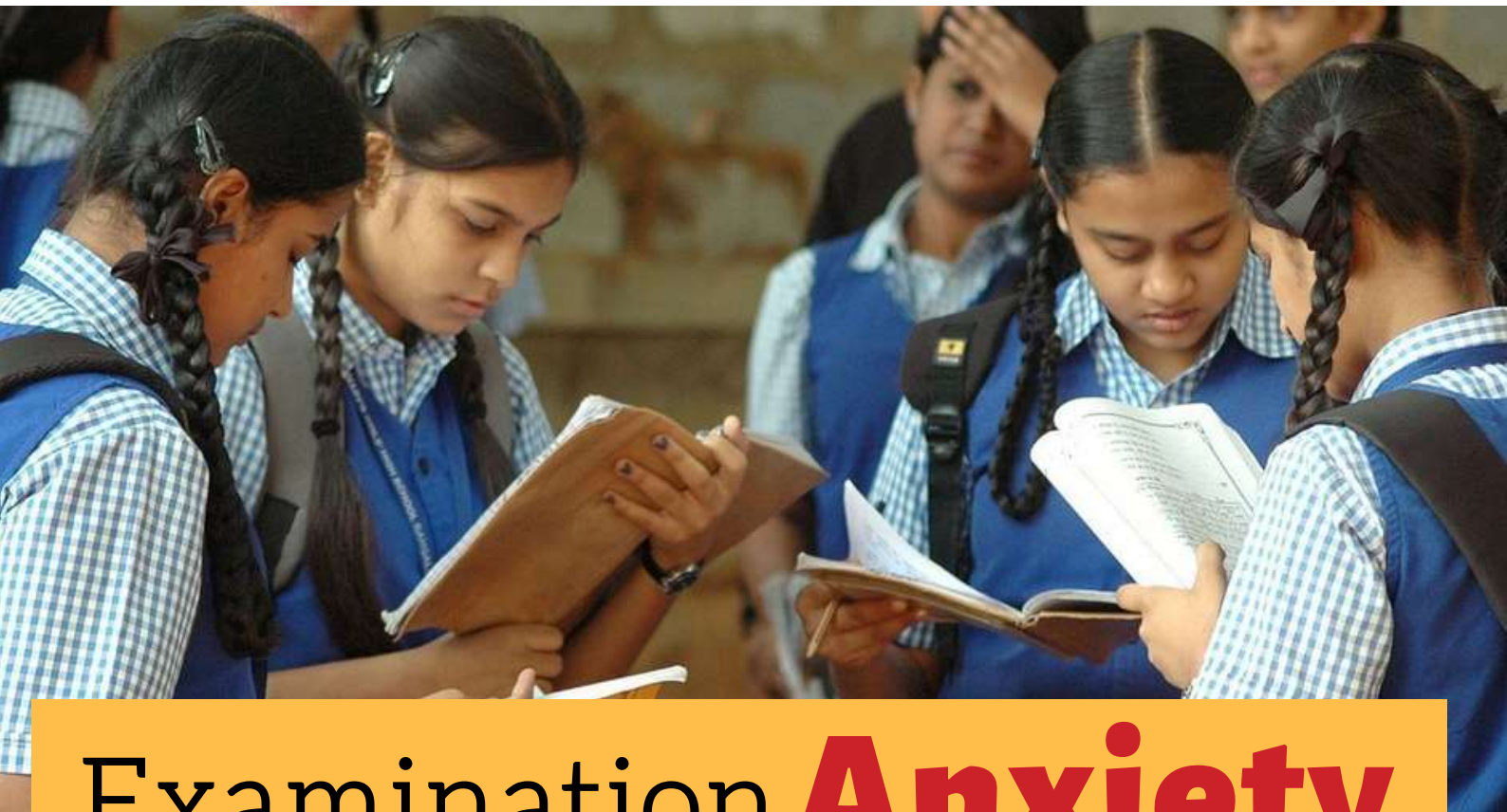
Maybe you have a family member or friend who may benefit from the information in our E- Magazine so feel free to share...

Enjoy reading!

Sincerely,

Huma Parveen

Founder of Barkatt



Examination **Anxiety**

Exams are around the corner. Parents and children are under constant stress. The pressure of doing great and getting good grades is so much that their performances may open or close future doors.

Examination stress or anxiety involves feeling of tension, apprehension, fear of failure during or after an examination. Although this feeling of anxiety helps in motivating and creates pressure required for increased productivity known as Eustress.

Eustress motivates you to perform well but if its harming your state of mind, than the stress can weaken the white blood cells which can make your immune system weak and destroys foreign bodies (antigens) that leads to production of antibodies.

All this weakens the system and often students have body aches, stomach upsets, nausea, diarrhea, fevers. Their concentration reduces and have often emotional breakdowns.

HOW TO PREPARE FOR BOARDS EXAM



■ **Schedule Time Table And Strictly Follow It**

Manage your time to give proper time to each subject. Find your time wasters like social media and games.

■ **Practice Previous Exam Papers**

You can practice previous year's exam papers to measure the time limits for questions

■ **Use Diagrams and Mind Maps**

Pictorial and visual form of information can be memorized easily. Make mind map or flow charts of the topics you find hard.

■ **Practice Previous Exam Papers**

You can practice previous year's exam papers to measure the time limits for questions

■ **Group Studies**

Group studies will increase your interest in studies and you will never feel boring.

■ **Health Alert**

10 minutes' walk or exercise can also help you to keep yourself alert.

■ **Be You Own Teacher**

Explain the topics to yourself or someone for better understanding.

■ **Have Balanced Meal**

As you would be studying late night avoid junk at night. If you feel like munching during the day opt for dry fruits. Keep a jar made of seeds, dry fruits handy. Banana is good option. Iron and B vitamins are especially important to maintaining the physical and mental energy necessary to study well.



by Cht Sahibba Vasdev
Certified Clinical Hypnotherapist



Choosing your Spiritual

Healer

*H*ealing is the whole deal! It is a mix of the interventions, physical, energetic and mental. Spiritual healing is a process, which is curing, and with an end aim of overall wellness. It is a journey where we work with our body, heart and minds, all in sync, towards a better version of ourselves.

Choosing a spiritual healer is your first step. It is important to be able to choose a healer with a higher spiritual level. This will help you ascertain and resolve your issues in an effective manner.

Choosing the right healer is crucial, as this is directly proportional to the level of faith. It is important to identify with the healer and to be able to relate to the person.

The experience of the spiritual healer is important to be focused on, as this has a direct impact on the overall healing of the person as well. A mind which does not waver and stays confident in their choice is a mature one. Everything takes time.

The simple formula which I feel helps everyone is “Have Faith”. Once you have taken the plunge into improving yourself, have faith and follow your choice. Your spiritual healer will be able to assist you better and you will be able to see the results faster and more effectively.

As a spiritual healer myself, I understand how difficult it can be for you to make your choice.

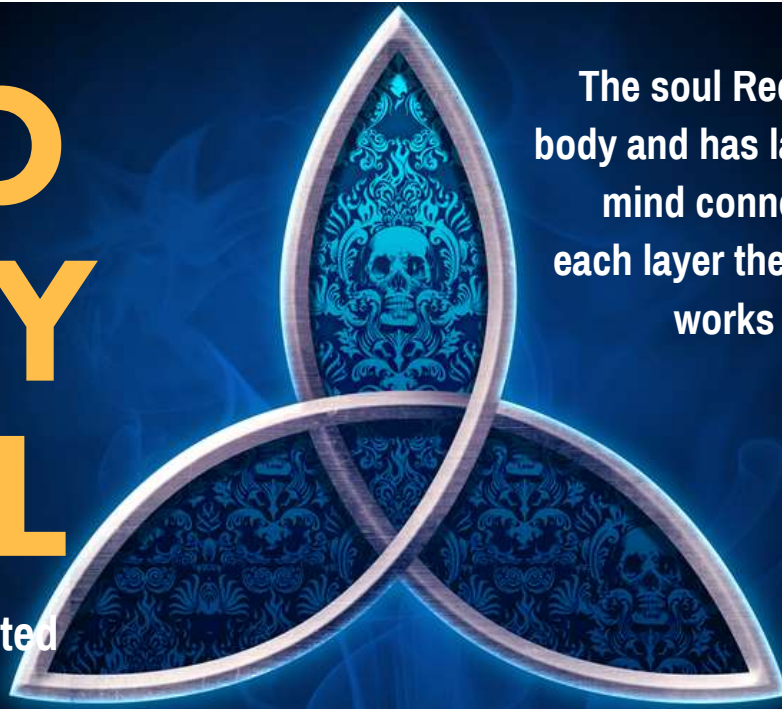


by Dr. Priya Kaul
The Hope Creator

MIND BODY SOUL

All are interconnected

The soul Receives a body and has layers of mind connected to each layer the person works around.



Mind, Body and Soul - All are interconnected...

*I*f the mind which consists of thoughts, emotions, memories all are healthy, the body and soul will enjoy every bit of its earthy journey and the learning will be faster than the rest... while some get stuck and find difficulty in moving because the mind is surrounded with ego, resentment, guilt, hurts. To break this chain the soul has to work hard, find the light soul to receive help and then move ahead.

- Hence with all such thoughts/emotions/memories the body and soul bears the pain and the process of moving ahead at ease slows down.
- To be in oneness every person on the earth realm needs to understand the importance of embracing stillness. This will enhance the receiving power and better results of the earth journey can be seen.
- The more quieter the mind is ,the more one is able to hear - the correct guidance to move ahead for better and faster learnings.
- On the earth realm one comes for better and quicker learnings to move ahead towards light, towards oneness...to merge into it....
- Every person goes through a challenge during their earth journey- some fear, while some understand and move ahead...

**Don't fear about anything
this is how one learns
about their self worth and
this realization will help
them to help others to
move ahead without
feeling stuck.**

Always remember to merge into light - oneness which is the last wish of all- one has to undergo the earth journey for quicker learnings and the learning has all ways to make one understand to appreciate love and self, self worth and how to spread love and acknowledge self and others even in their journey.

Ego, judgement, criticism, guilt, resentment slows the process and don't allow the higher self, the light to move ahead in the direction one always thought of before coming to earth realm.

**Your mind, emotions and body
are instruments and the way you
align and tune them determines
how well you play life.**

- Harbhajan Singh Yogi



So understand your self, your worth, meditate and walk on the direction that spread love and light as :

**You are love
You are light
You are divine**

Always remember the keys of life, For better quicker learnings.



by Verticaa K.
Runes Expert

HUMKARA WITH HALEEM

*H*umkara with Haleem” is a simple, easy, quick & very powerful healing technique. In Humkara with Haleem, Prana energy is projected and directed in a systematic and balanced way, so that it implants the energy in the five sheaths of the body. This helps to reprogram the energy body and aura. This Divine modality is created by Shri S.K Sainiji – originator of Lama Fera.

Humakara symbol is made by combining vibrations of 3,80,000 mantras whereas Haleem symbol is made by combining vibrations of 1,34,000 mantras. Making it one of the most unique and powerful modality for mental and spiritual growth. **Benefits of Humkara with Haleem**

- Activation of the BRAHMA NADI that opens the higher channel of the subtle body.
- Releasing blockages from Vishuddhi Chakra that gives wisdom to access different dimensions and gives power of intuition for financial abundance.
- Boosts mental capacity of people of different ages (5-80 years).It accelerates the rate at which an individual executes any work related to mental, emotional & spiritual areas.
- It is useful for Judicial, School Going Children, Officials, IT, Researchers, BPO Sector, IPS, IAS, Management and Marketing personnel to enhance productivity.

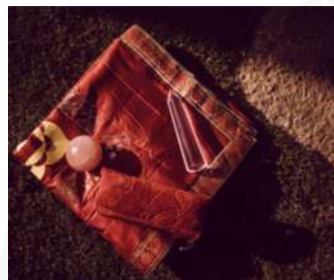


by Baakkul N.K.

A Transformative Coach

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Every product is created with authentic herbs,oils,crystals and blended with powerful intentions so that you recieve the best conjure products and services. Each product is hand created with lot of love and blessings....



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Awareness *is the First Step in Healing*





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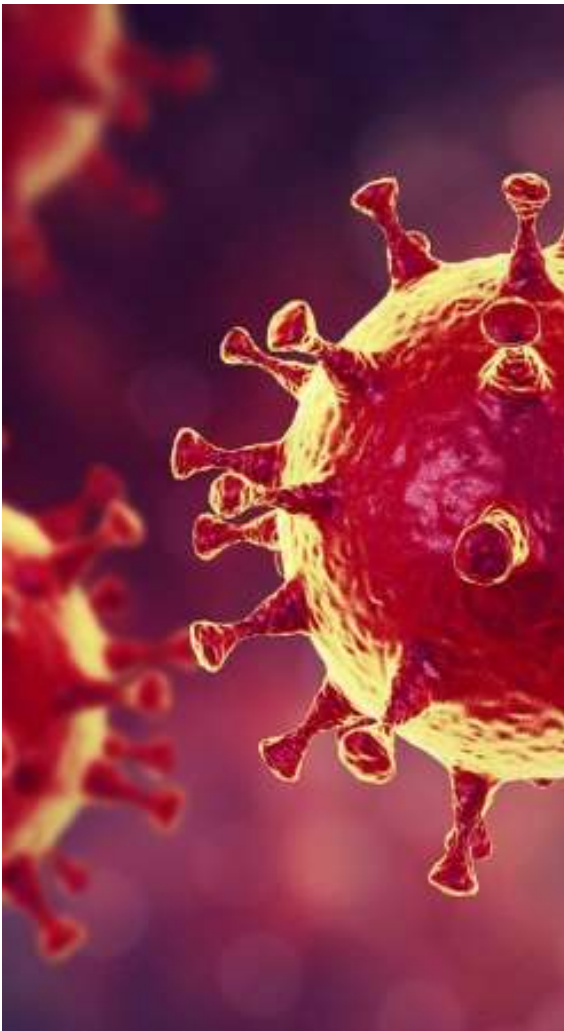
CORONAVIRUS

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans.



CORONAVIRUSES

Are zoonotic, meaning they are transmitted between animals and people. Detailed investigations found that SARS-CoV was transmitted from civet cats to humans and MERS-CoV from dromedary camels to humans. Several known coronaviruses are circulating in animals that have not yet infected humans. Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.



STANDARD RECOMMENDATIONS TO PREVENT INFECTION SPREAD

- Regular hand washin
- Covering mouth and nose when coughing and sneezing
- Thoroughly cooking meat and eggs.
- Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.

UPCOMING EVENTS

To live holistically, we need to balance the body-mind-spirit connection and it's usually the spirit that gets neglected most.



BACH FLOWER THERAPY

14th and 15th February 2020 in Bengaluru

PAST LIFE REGRESSION

22nd and 23rd February 2020 in Delhi



AKASHIC TAROT CARDS

27th and 28th February 2020 in Delhi

WOMEN'S CIRCLE

28th and 29th February 2020 in Bangalore



CHAKRA HEALING

10 days Whatsapp Workshop - 11th to 20th March 2020



LAW OF ATTRACTION

5 days Teacher Training in Chandigarh
8th - 12th Apr 2020



INNER CHILD THERAPY

11th - 16th May 20 Residential Program in Chandigarh



To register for the Workshop please visit www.barkatt.in or Mail us at creation@barkatt.in

BARKATT EXPERT HEALERS AND GUIDES

INDIA'S BEST SPIRITUAL HEALERS AND TRANSFORMATIVE COACHES

All our healers provide distance healing too, and many healers perform sessions remotely (via Skype, Zoom or private FB streaming).

Our recommendation is to read individual Profiles, tune into the energy of a Facilitator that resonates with you, and contact them.

Our Expert Healers are ready to help you with life changing tools, that will support you in flourishing in all areas of your life - Mind, Body and Soul.

Whether you are looking to improve your physical health, discover tools that help you to thrive in your career / relationships, or are ready to transform long term limiting beliefs that are holding back... look no further, you have come to the right place.



Aashmita Roy

A Traditional Rootworker



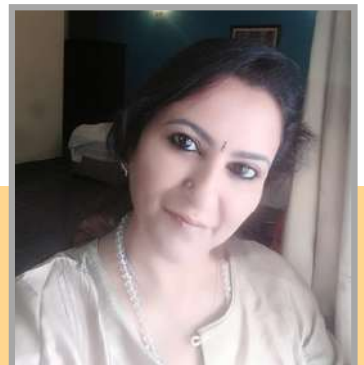
Baakkul N.K.

Access Consciousness Facilitator



Cht Sahibba Vasdev

Certified Clinical Hypnotherapist



Jyoti Mishra

Sound Therapist & Gong Master

To connect with our Expert Healers please visit www.barkatt.in or Mail us at creation@barkatt.in

Personalized sessions and Workshops offered by the experts

- Auto Writing
- Age Regression
- Access Consciousness Bars
- Angel card reading and therapy
- Akashic Records
- Aura Reading
- Advanced and Basic DNA2
- Coffee and Tea leaf readings
- Chaldean and Pythagorean Numerology
- Crystal ball reading
- Candle Magic
- Chakra Healing
- Colour Therapy
- Dream Interpretation
- Digging Deep to your subconscious mind
- Family constellations
- Graphology
- Hypnotherapy
- Heal Your Life
- Inner Child re-parenting
- Lama Fera
- Law of attraction
- Money Abundance
- Magnified healing
- Psychic Development Program
- Past Life Regression
- Reiki
- Runes
- Spell Casting
- Switchwords
- Star Magic Healing
- Tarot Card Reading
- Womb Regression
- Vastu and more.



Pretty Sawhnii
Vastu Shastra Expert



Smriieti
Auto Writing Expert



Verticaa K.
Runes Expert

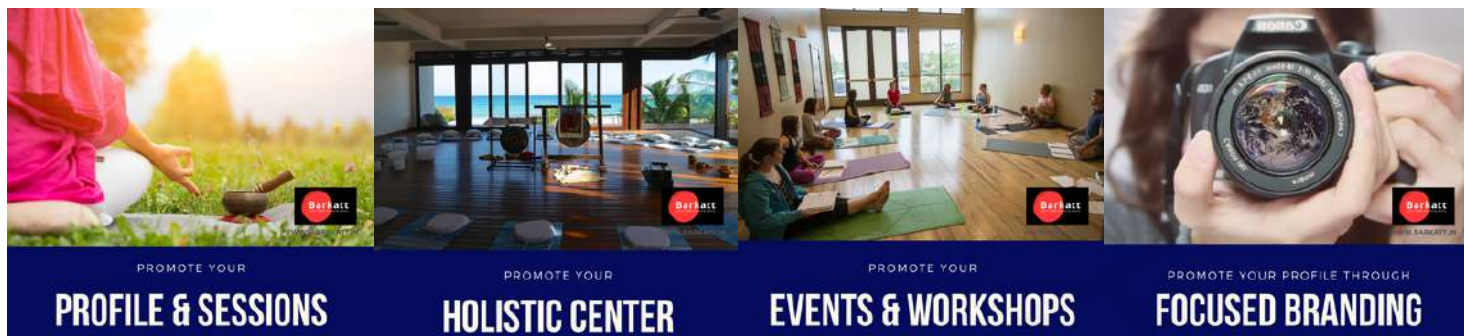


Vihag Pant
Crystal Expert

BARKATT

A Social Media Marketing Agency

*I*t helps you generate effective results through online marketing on social media. We connect your workshops/events to thousands of people who may be interested in them. Our social media advertising services accelerate your results. You can reach people instantly. This means you can generate followers, engagement, and conversion for your events. Drive customers, grow your audience and expand your reach with our promotional services.



We offer social media marketing services for the Center Promotion, Facilitator's Promotion, Promotion of Workshops, Events, Retreats, Individual and Group Sessions. We create and manage top-performing social media campaigns for business. Our promotion covers social media networks such as:

- Facebook Page
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