

BARKATT

Issue - III - December 2020

WHERE IS PERSONAL
GROWTH & WELLNESS
ON YOUR PRIORITY LIST?

CASE STUDIES OF TOP LEADERS & PROFESSIONALS

ONLINE WORKSHOPS

Explore the unknown realms
within, Dive into the depths of
your souls.

CLAIR

Your Five Clair Senses

ASTROLOGY

As a Coaching Tool

EXTRACTION

THROUGH THE EYES OF A SHAMAN

FOUNDER'S MESSAGE

I am delighted to introduce
the Third Issue of our
& – Magazine



This issue features several articles. Every article speaks to challenge, opportunity, and the transformative power of hope. In this issue you will find out about Extraction through the eyes of Shaman. A Guru of Change by the Week magazine and a Top Ten Thinker by MTC Global, will speak about several case studies where negative emotional states and related behaviour of top leaders have led them not only to professional downfall but also disease. Also India's First Male Wicca will explain "The Five Clair Senses. He will assist you in creating a meaningful and magikal spiritual journey. Also you will find how Astrology can be used as a Coaching Tool. In this issue we are also featuring an exceptional online workshops to boost your inner peace during this tough time of "Covid19".

I hope that reading this E- magazine will have an impact on you and encourage to have an impact on others. We may never know how much our words or actions influence the lives of those around us. But we can choose daily to be a positive influence on others in a way that could change the rest of their lives even if it is just within the walls of where you work.

For those of you who have been with us since the beginning and also those just joining us, I thank for being a part of Barkatt journey. Be prosperous in body, mind, soul and business. **Enjoy reading!**

Sincerely,

Huma Parveen

Founder of Barkatt, Social Media Marketing Agency



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Explore the unknown realms within, Dive into the depths of your souls.



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CHANGE THE WORLD
BUT DON'T LET THE
WORLD CHANGE
YOUR SMILE**

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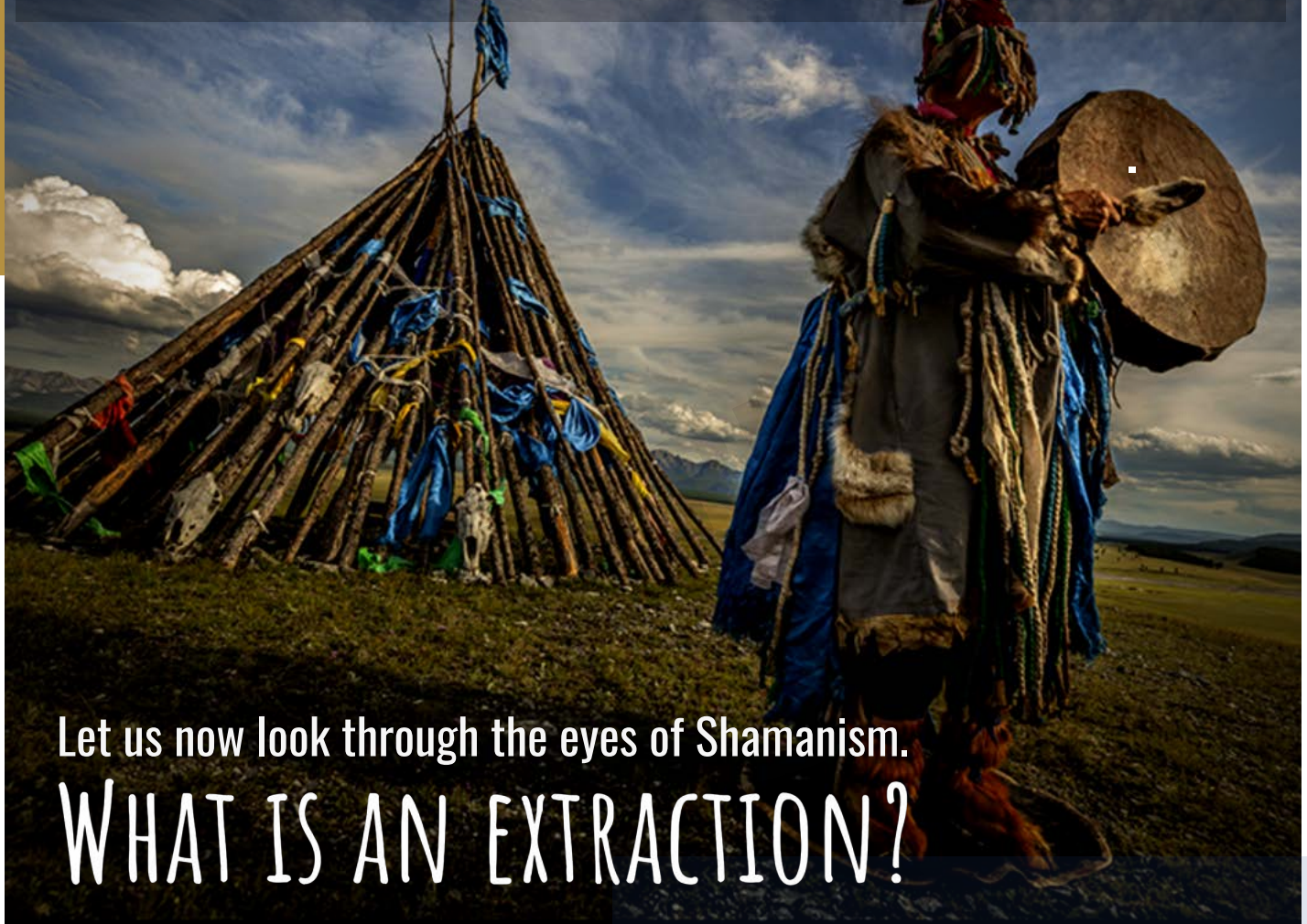
EXTRACTION

By Jayapalashri, Priestess | Shaman | Light Body Practitioner | Meditation Facilitator



Extraction is when we remove anything inappropriate in our energy field be it in our environment or physical space. When there is an energy that does not belong to us it gives us discomfort and disharmony. This needs to be removed periodically to maintain a healthy environment. There can be acute pain or discomfort in a particular part of the body due to the intrusion of negative energy.

Now every pain cannot be associated with intrusion of energy. But usually, some chronic pain is the intrusion of the energy and may be due to jealousy, hatred, anger, or resentment that comes in and causes havoc within our body. Sometimes even grief and loss can bring about this into our system. When our aura is weak or slight energy leak this can happen easily.



Let us now look through the eyes of Shamanism.

WHAT IS AN EXTRACTION?

A shaman would suggest an extraction when he or she notices an intrusion of energy or an entity into the energy field of a person. This energy or entity can come through a psychic attack or an evil eye. At times we may pick up energies walking in a space where the negative energy is already present.



When we literally look at the word what is extraction it means extracting something using some kind of force or pressure.



How can this happen?

When we have power loss or soul loss this is pretty common and easy for energy to creep in through our torn aura and settle in becoming a parasite within us feeding off our energies. This can make us feel lifeless and very ill. Another way is when we are doing well we have others who are unable to accept or acknowledge your progress. They start thinking about the person or talking about the person and that is enough the negative vibes have been sent and can affect the person who was targeted with the negative talk.

For eg:- if in a home there are regular fights and arguments. The energy which is released for this becomes dense and is in that space. Now energy needs to feed of energy so there can be more fights and arguments in the same space and the energy is getting fed. One needs to periodically clear such spaces and this can be done only to through extraction as the energies will be dense. So in an environment like that if a person walks he or she can pick that energy up and that creates a lot of stress or discomfort within-person.

What can a shaman do?

The shaman is trained to reach an altered state of consciousness and bring in their guide to assist them and will go about the energy field tracking the dark energy and will clear it. At times just one session would be good enough and at times a couple of such sessions is needed. As the roots can be very deep in the energy field.

How do these dark energies come about?

This can come with various reasons and ways. There is no one way from which such energies can creep in.

Who is vulnerable to this?

Anyone and everyone can be vulnerable to this, we can have many things being targeted at us and that does take a toll on our overall well being. We can only heal ourselves by getting these removed. There is no two options for an extraction. You either do it or don't do it. But there is no negotiation as it's highly powerful and high intensity energy work.

Can only a shaman remove these?

Not really there are various ways, it's one choice and calling would they want a shaman or someone else to remove these kinds of blocks and issues. Depending on that a person can go about getting it done. A shaman works in the energy field tracking and back tracking until they go to the root of the issue and clears it from there.

- ILL INTENTIONS
- JEALOUSY
- EVIL EYE
- MAJOR FIGHT OR ARGUMENT
- WISHING BAD UPON SOMEONE
- CURSE
- WITCHCRAFT

How often does one need to do an extraction?

It is advisable to do it at least once in three months as we do accumulate energies and stagnation around us often which can bring about uneasiness and stress.

Do we always need to go back to a shaman?

Again that's your choice, even if you go and a shaman feels an extraction is not needed or it can wait they usually will guide you accordingly. It's not that they can blindly go in. There has to be a reason and an intention. They don't work with the whims and fancy of free will. But with the point of being empowered and able to do the work.

Can you feel the difference as soon as the work is over??

At times yes, especially if you are sensitive to energies yes you can make out a major shift in the energy field. This is a clear indication that the work is done and things are going smoothly.

At times just extraction won't be enough one may need Psychopomp work done. What's that?

Through the process of Psychopomp one can help a soul that's transitioning or transitioned to the spirit world. This is their task and they work closely with souls helping them crossover. Not only that when we have issues with entities they come in to help heal and escort the entity to the other world.

Usually Psychopomp and extraction go hand in hand. They compliment each other and it needs to be done simultaneously. Normally Psychopomp work happens once unless there is a repeat of another entity entering the space. Extraction is done periodically for space clearing.

WHAT ALL CAN EXTRACTION HELP WITH?

- Space clearing
- Land clearing
- Removal of energies in our aura or body
- Cleanse of stagnation of energy
- Removal of energy blocks

Is this expensive?

Everything has a price and one needs to be ready to pay for something if they want the best. It really depends on how you see this work, if you feel it's important then the process is not expensive but if you feel I am not ready to spend on such kind of things then yes it's expensive. Here I would like to state it's our relationship with money which comes in. When we are comfortable with money we know money needs to flow it's never expensive as you are getting something done for your own good and benefit. So for that one needs to spend money, but I would more say invest money. As this is for helping ourselves it is an investment for our soul's nurturing and purpose.

We welcome suggestions and comments on this article.
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explains HOW TO PREPARE FOR
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OF E - MAGAZINE @
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ISSUE I - FEB 2020

FIRST ISSUE

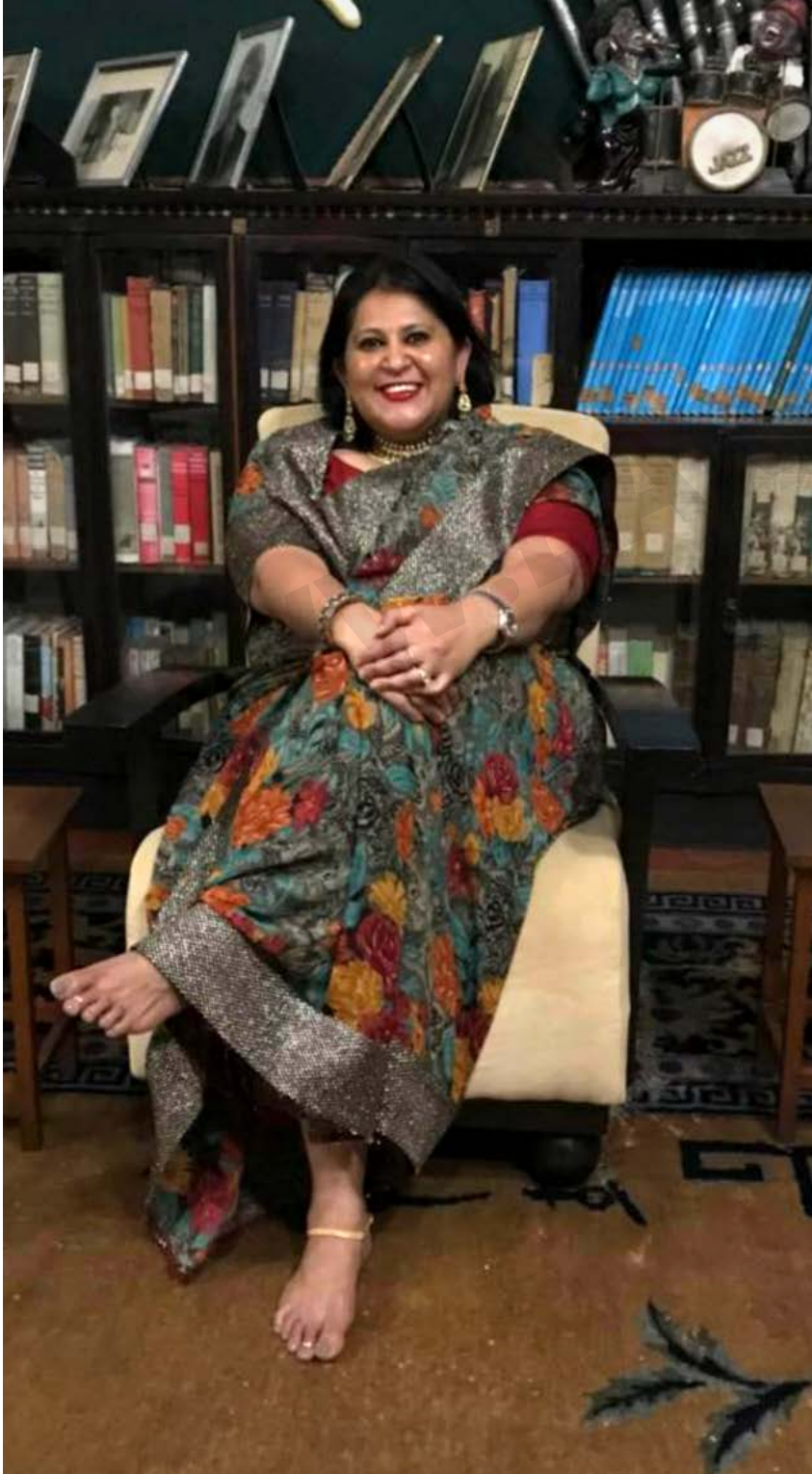
Barkatt E - Magazine

F E B R U A R Y 2 0 2 0



JAYAPALASHRI

PRIESTESS | SHAMAN | LIGHT BODY PRACTITIONER | MEDITATION FACILITATOR



Jayapalashri (Palash) is Priestess, Shaman, Light Body Practitioner, Meditation Facilitator, Spiritual Healer and Wellness Guide at

Samaskara Healing Centre based in Bangalore. Palash helps people with the right guidance for the people who are suffering from stress, anxiety, depression or any kind of mental stress in their life.

Being a certified meditation practitioner Palash actively helps people with guidance and various techniques to be mindful, find the joy, peace & calmness in their life. The spiritual journey of Palash started with she, healing herself and then she was guided to open a center and be of service to all.

The path has been unpredictable. It consisted in many twists and turns with experiences that gave her goose-bumps! But those experiences changed Palash as a person and gave her the strength to face the worst fears of life.

START THE JOURNEY OF SELF-DISCOVERY

The healing therapies meted out @Samaskara includes a vast array of services such as **Energy Healing, Tarot Card Reading & Healing, Crystal Healing, Land - Home Healing and Bach Remedies.**

Today, with all the opportunities coming the way of Palash, she has gained the needed self confidence, self esteem and motivation to wipe tears & bring smiles on to the faces of people.



*That's how the journey
of **Palash** as a healing
practitioner began.*



To book an appointment with Palash please contact at
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**Challenges are what
make life interesting
and overcoming
them is what makes
life meaningful.**

— Joshua F. Marine

ASTROLOGY

AS A COACHING TOOL



By Lipi Banerjee



We all want to know about our fate, our destiny
Some accept this openly and few do not

I am writing this article to educate people about Astrology, as a coaching tool. I have been using the tools of Astrology and Numerology for quite some time now.

Of course, I am blending all the tools and techniques that I have in my kitty. Reiki, NLP, EFT, Accountability, Assessments, Strategy, Bach, Counselling and so on. Whatever the situation or the need of the client few things remain constant:

BELIEF IN HUMAN POTENTIAL FOR GREATNESS.

**BRINGING OUT THE BEST IN PEOPLE AND
ENCOURAGE THEM TO LEAD.**

**AVOID JUDGEMENTAL AND ADVICE ORIENTED
QUESTIONS.**

**TOUCH THE HEART OF THE CLIENT WITH
SINCERITY AND CARE.**

**LISTEN DEEPLY.
USE OBSERVATION AND INTUITION.**

It helps me a lot when I have their birth details and subsequently the Numeroscope and Horoscope. To bring out the best in a person, I pore over their charts and do my best to decipher their strengths and weaknesses. And then with the help of empowering processes I concentrate on sharpening their strengths, honing their inherent skills instead of focussing on their weaknesses.



Astrology is a secret code to success

A divination tool that has been tried and tested for ages. It really infuriates me when some of the greatest scientific minds dismiss astrology completely without having studied it or tested it. A birth chart tells us so much about a person, not the least of which is where we are compatible with them or where we might clash.



Astrology

IS SOMETHING WE CAN USE
to lift ourselves up.
IT REALLY PUSHES US TO GROW

Being stuck in life is just a state. The state can be overcome quite easily. Sun governs Intrapersonal intelligence. People with strong Sun are good at intrapersonal intelligence.

This means they reflect well on themselves and learn from the past. Saturn indicates interpersonal intelligence and a strong Saturn means they are good at dealing with people and teams. Mars deals with spatial intelligence. And there are many more interesting aspects to look out for in a chart.

One small chart is a store house of information. Based on that I start building rapport with them. It is unbelievable how they warm up and open up to me when I understand their personality, passions and desires, which they did not know existed. Or was buried deep down somewhere.

We welcome suggestions and comments on this article.
Share your thought @creation@barkatt.in

EASTERN **NUMEROLOGY**



BATCH 1 - 12TH DEC. 2020 | BATCH 2 - 6TH JAN. 2021

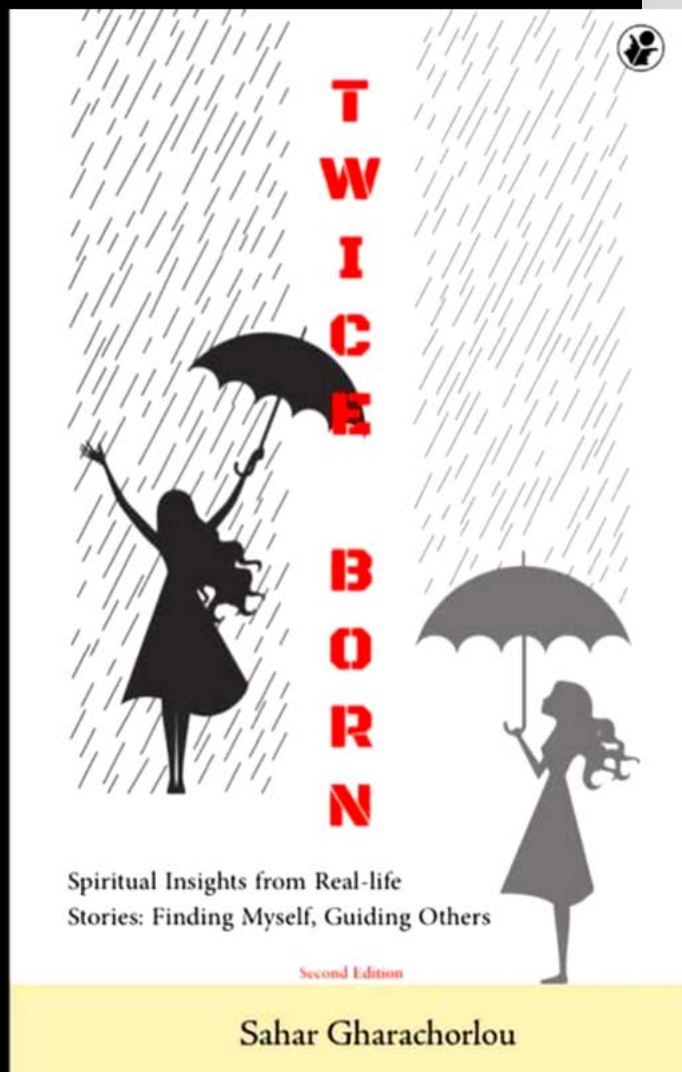
WHATSAPP WORKSHOP

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"TWICE BORN"

Second Edition is Out

By Sahar Gharachorlou



Available Worldwide on
amazon

"

Silence,

*I discover, is something
you can actually hear.*

"

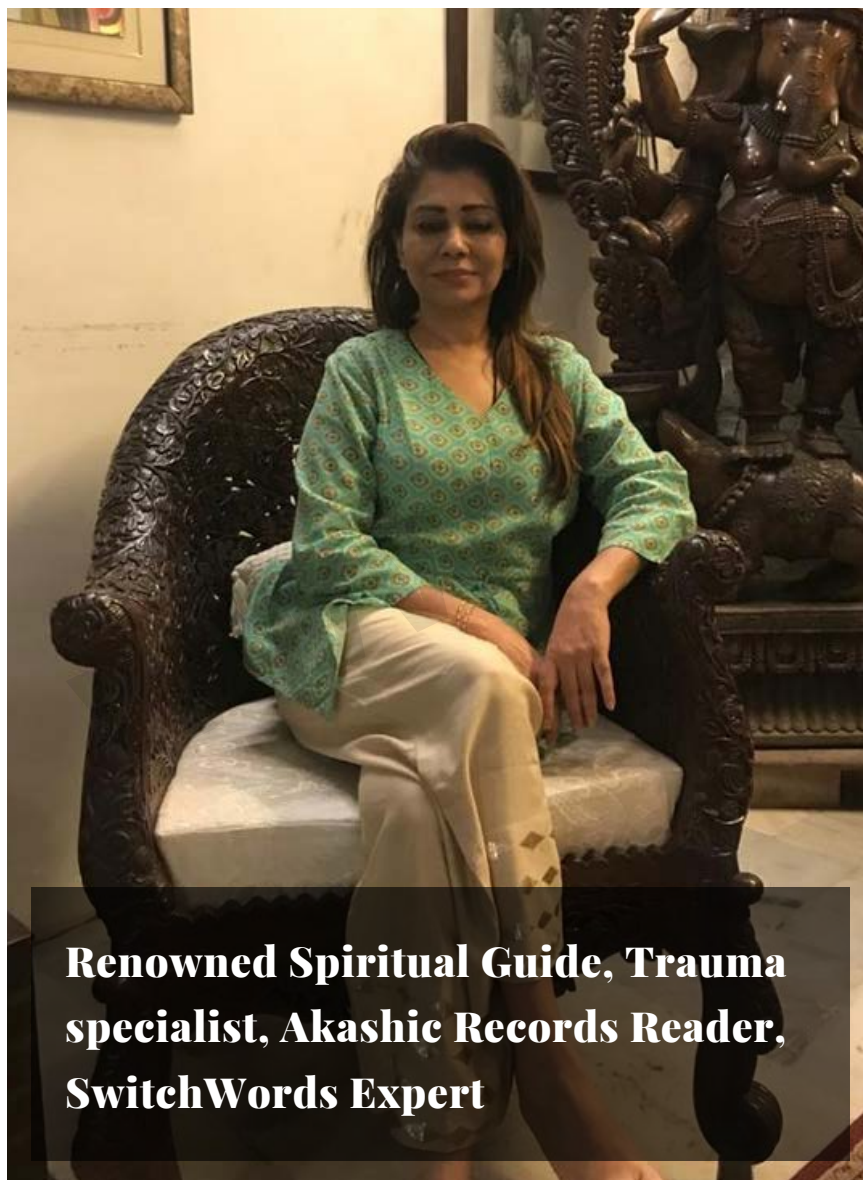


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DR. AALKKAH RAJVANSH



Renowned Spiritual Guide, Trauma specialist, Akashic Records Reader, SwitchWords Expert

**HAVING CONDUCTED MANY WORKSHOPS AND SESSIONS,
DR. AALKKAH IS AN AKASHIC RECORDS READER AND DOES AUTO
WRITING. SHE ALSO SPECIALIZES IN REBIRTHING HAVING TRAINED
ABROAD AND HELPS TO HEAL DISEASES LIKE CANCER, DEPRESSION,
AND MANY OTHER CHRONIC AILMENTS.**

Aalkkah Rajvansh is a Trauma specialist and works through Transpersonal regression therapy and Family Constellation. She believes many of our traumas are coming from the past life may it be health, relationship or money. Many of our issues could also be Transgenerational, hence the need to work through the generations and find out where the trauma began.



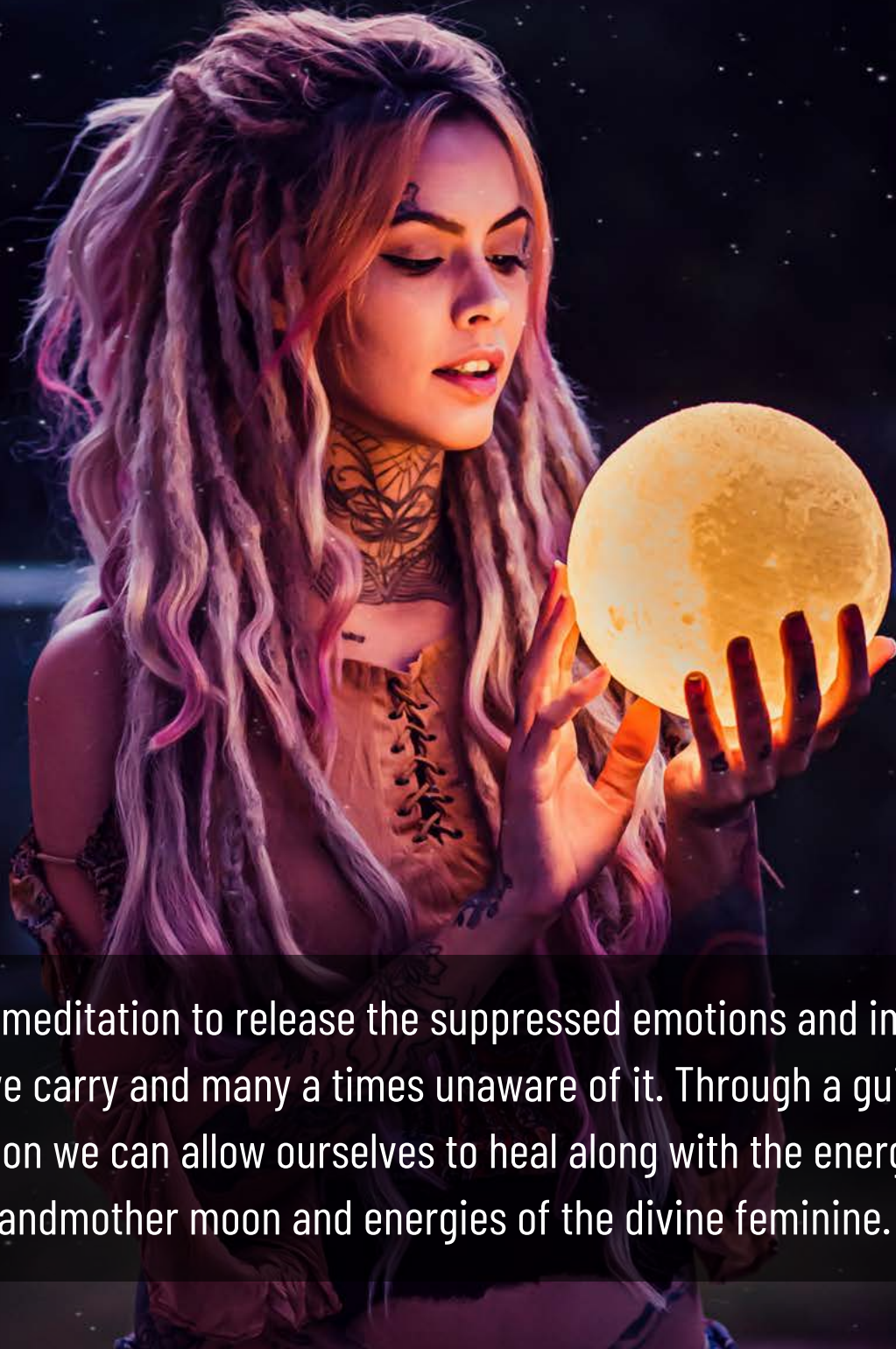
**AALKKAH'S FORTES ARE SPIRIT
RELEASEMENT THERAPY, HYPNOSIS,
RUNES, NUMEROLOGY AND ALSO
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A close-up photograph of a person's hand holding a pendulum. The pendulum has a clear, faceted crystal at the top, a small metal ring, and a round, translucent purple crystal at the bottom. The hand is positioned over a tarot card, which features a colorful, abstract design. In the background, several other crystals are visible, including a large, smooth, pinkish-red sphere and a rough, greenish-grey stone. The entire scene is set against a dark, textured background.

PENDULUM & DOWSING

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“When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.”

– HELEN KELLER

WHERE IS PERSONAL GROWTH & WELLNESS ON YOUR PRIORITY LIST?

By Indroneil Mukherjee



ENABLING YOUR PERSONAL GROWTH AND WELL-BEING AS YOU MANAGE GROWTH OF YOUR BUSINESS

CYNTHIA WAS A CXO OF A REPUTED FSI WHO LIKED BEING SEEN AS A NICE PERSON AND WENT ABOUT PLEASING HER TEAM MEMBERS AND COLLEAGUES. THAT WAS HER STYLE AND SECRET TO HER SUCCESSFUL TRACK RECORD, THUS FAR. TO HER IT WAS IMPORTANT TO SERVE OTHERS AND THEIR NEEDS, THEIR WILL BEING MORE IMPORTANT THAN HER OWN. OVER TIME, SHE REALIZED THAT SHE WAS BEING EXPLOITED FOR HER KIND AND GOOD NATURE.

SHE FELT LIKE BEING A SLAVE, BECAME SNAPPY AND OFTEN STARTED GOING INTO FITS OF ANGER AND RAGE. SHE EVEN SECRETLY CARRIED IN HERSELF VENGEFUL THOUGHTS TOWARDS OTHERS. THIS STARTED TELLING UPON HER RELATIONSHIP WITH HER TEAM MEMBERS, STAKE HOLDERS AND EVEN CUSTOMERS.

SHE ALSO STARTED ABSENTING FROM WORK FOR HAVING DEVELOPED ACUTE GASTRITIS. HER CEO CALLED AND COUNSELLED HER; EVEN WARNED HER SEVERAL TIMES. THIS, OVER A TIME, STARTED MAKING HER FEEL GUILTY AND ONE SHE DAY PUT IN HER PAPERS, WITHOUT HAVING A JOB IN HAND. EVEN TILL DATE SHE IS LOOKING FOR A JOB.

Chandan was a CHRO of a 5000 strong IT services company. He had a problem with taking decisions. He would go around looking for advice, collect hordes of them and then get confused, till deadlines forced him to make a

choice, which often turned out to be not the most optimal one. As a CHRO it became a huge constraint for his role which often required him to take instant decisions. Fed up with this glitch in him, one day, he decided to change his role and become an internal coach, much to the consternation of the management. As a coach, he showed up as extremely directional and dictatorial – telling others what to do and how and making it appear as if what he did was for their good. He also started suffering from hypertension and related cardiac conditions. Over a period of time his coaches, some of whom were senior managers, started feeling uncomfortable and oppressed. Soon it started showing up as attrition which the management easily traced to Chandan's heavy handed behaviour. He was asked to leave.

GAURAV WAS A FOUNDER OF A HI-TECH START-UP. HE USED TO GET EASILY DISCOURAGED WITH SMALL SETBACKS AND DEVELOPED A PESSIMISTIC VIEW TOWARDS LIFE. SOON HE STARTED FEELING LIKE A VICTIM OF FATE AND FELT EMBITTERED AND RESENTFUL TOWARDS OTHERS. HE NEVERTHELESS KEPT TRYING HARDER AND HARDER TO SECURE CUSTOMERS AND INVESTMENT BUT FAILED. HIS FAILURES BECAME MORE OF SELF-FULFILLING PROPHECIES. SOON HE BEGAN LOSING INTEREST IN WHAT HE WAS DOING AND STARTED RUNNING THE SHOW WITH A SENSE OF RESIGNATION AND APATHY. THIS STARTED SHOWING UP ON THE HEALTH OF HIS BUSINESS AS HIS TEAM STARTED SHRINKING AS MUCH AS HIS WALLET. HE STOPPED COMING TO WORK AND EVENTUALLY WAS DIAGNOSED SUFFERING FROM DEPRESSION.

These are a few among many case studies where negative emotional states and related behaviors of top leaders have led them not only to professional downfall but also disease. Most of these go undetected due to the prevalent culture of showing up as happy and healthy. For which, many subscribe to regimes of physical fitness and enroll into ‘happiness’ programs, ignoring their unfit emotional states. This compounds the challenge as they get encased in a bubble, their emotions getting repressed. And this eventually leads to drastic outcomes – professional, medically and otherwise.

If you believe that your responsibility to ‘deliver’ and thereby rise up the ladder of success is the topmost priority in your agenda, think again. Notice how, in each of the above cases, because of an imbalanced emotional state and lack of real personal growth, their KRAs got severely impacted.

Can you relate to such cases? ARE YOU ALSO ONE OF THEM?

It’s time you take a hard look at yourself and the choices with which you are living your life today. After all of what good is your synthetic happiness and professional success if it is happening at the cost of your personal growth and wellness? Of what good is all the wealth that you are seriously engaged in building, if you cannot enjoy it, with your near and dear ones, being fully alive?

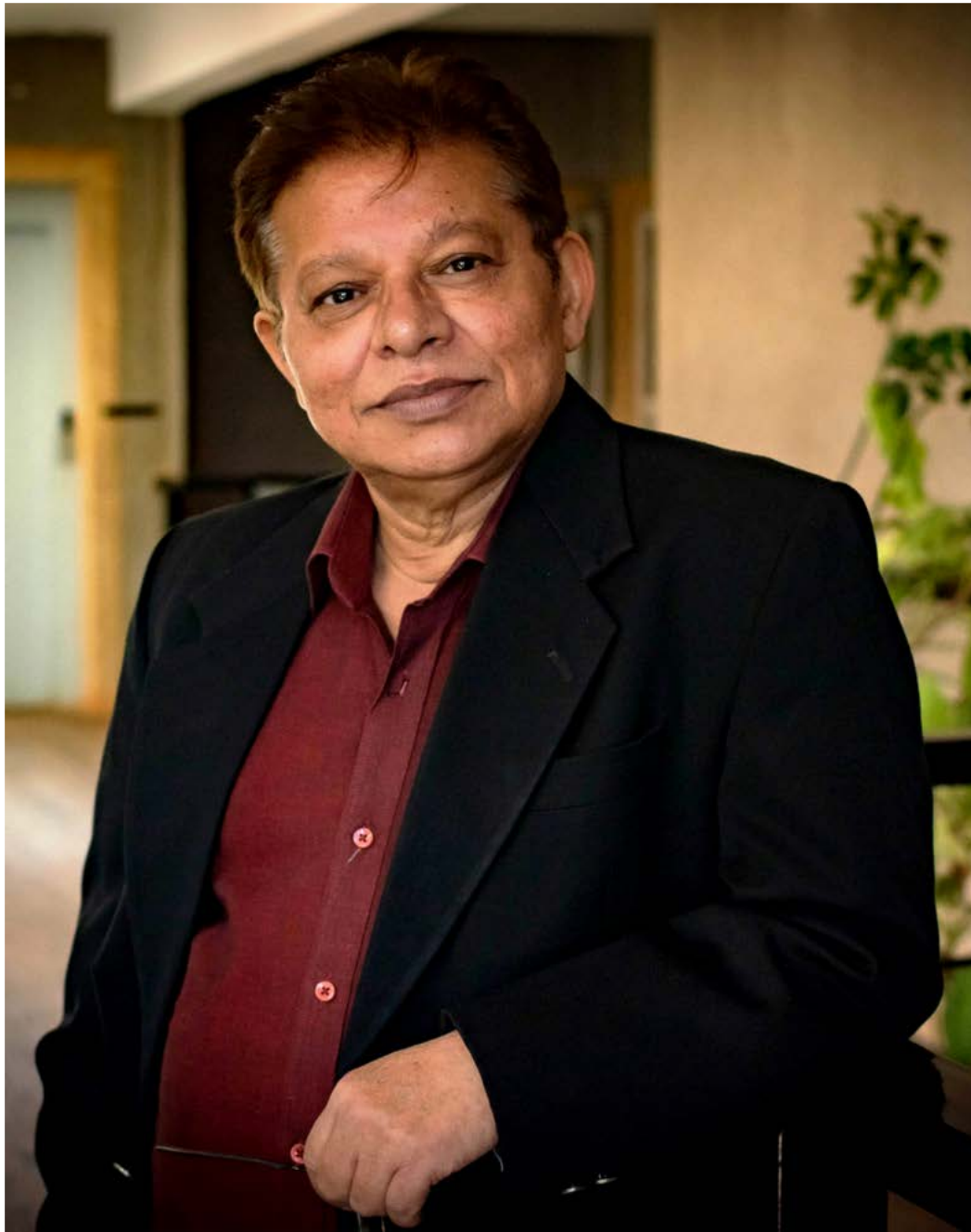
WOULD LIKE TO HEAR FROM YOU

What is that one shift you would want to make in your life condition, today?

What is coming in the way of you making that shift?

What support will you require from outside to help you transition?

We welcome suggestions and comments on this article.
Share your thought @creation@barkatt.in



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Executive Accompaniment for personal growth, transformation and wellness of CXOs and start-up founders. This is an ongoing engagement that blends all of the above with authentic conversations.

Enabling transformation has been a central theme of Indroneil's life, across the three phases of his professional journey:

An accomplished Applied Behavioural scientist, certified therapist and qualified Indian musician, Indroneil's penchance has been and will continue to be, releasing the 'little man' from the clutches of a false, conceptual egoic living condition and make him come face to face with his awesome wholeness.



To book an appointment with Indroneil please contact at +91 9958633441 or email at creation@barkatt.in

Healer's Directory

We have created Healers Directory to connect trusted healers, therapists and life coaches with the people who need them most through their life changing tools, workshops and virtual sessions.

If you are a healer of the highest integrity to serve people through your healing power, we invite you to join us.



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DR. GANESH DUBEY

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TANTRACHARYA GURU DR. GANESH DUBEY

He has been awarded with World book of Records title for Satvik Tantra and paranormal healing. He strongly believes in Dharm, Arth, kaam, Moksha. He believes

Services offered BY DR. GANESH DUBEY

A

Spiritual Guru and a trained yogi in Mahayoga Tradition since past 35 years with over +12000 satisfied clients. He studied Vedic literature, Astrology, Vastu and has acquired 140 certifications from different scholars and seers.

Satvik Tantra, Paranormal Healing, EFT & LOA, Past Life Solutions, Lama Fera, Ramal Astrology, Reiki (Level I, II, IIIa, IIIb), Remedial Sciences & Tools, The power of 5 elements

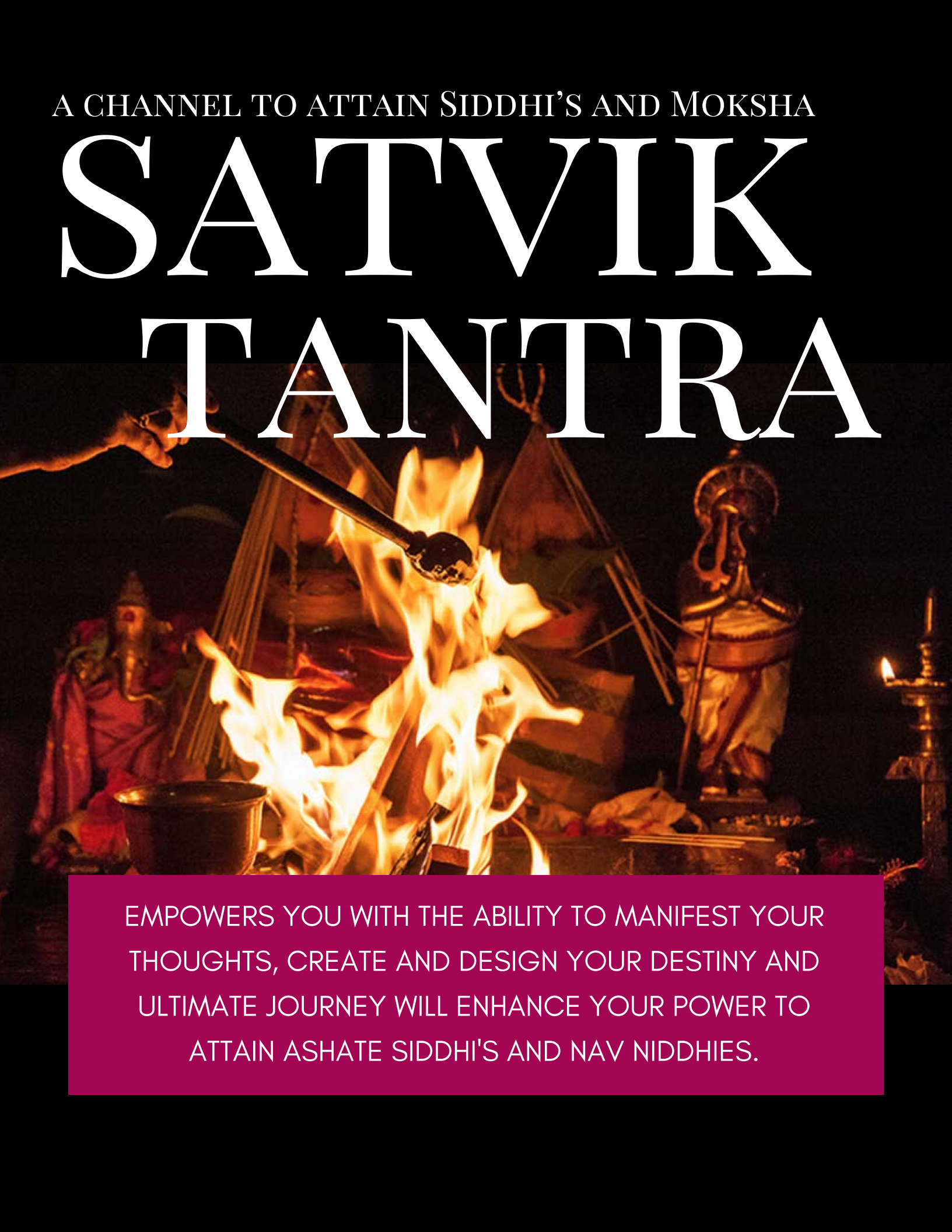
that you design your life by the mechanism of decoding cosmic energy. He organizes various retreats and camps for all-round self-development of every participant that transforms all the facets of his/her life.

People, from different parts of the world, travel with him to experience the power of spiritual energy radiating from different places, which is beyond knowledge and ignorance.

To book an appointment with Dr. Ganesh please contact at +91 9958633441 or email at creation@barkatt.in

A CHANNEL TO ATTAIN SIDDHI'S AND MOKSHA

SATVIK TANTRA

A ritual scene featuring a large bonfire in the center. To the left, a statue of Lord Ganesha is visible. To the right, a person is holding a mace (gada) over the fire. The background is dark, and the scene is lit by the fire and a small lamp on the right.

EMPOWERS YOU WITH THE ABILITY TO MANIFEST YOUR
THOUGHTS, CREATE AND DESIGN YOUR DESTINY AND
ULTIMATE JOURNEY WILL ENHANCE YOUR POWER TO
ATTAIN ASHATE SIDDHI'S AND NAV NIDDHIES.

Satvik Tantra Sadhana

**MOST POWERFUL & PURE
NATURAL REMEDIES**

Satvik Tantra – Removing Negativity through Pure Natural Product and remedies present in the world is what it means. Basically, the world holds a lot of myths around the word “Tantra”. As soon as this word is mentioned people start thinking about all the bad things such as sacrifices, illegal practices that involve sex, drugs and a lot of such habits. Well, Tantra is not at all about this.



Learn the best practices in the workshop and master life. You can do a lot in the right direction and training in Satvik Tantra.

But, people sometimes try to turn things around for themselves by taking undue advantage of Tantra. They put all the negative energy to harm the innocent and try to make some money out of it. There are rules which are to be followed for the pure practices otherwise all can be wrong. Try it with professionally certified expert Tantracharya Guru Goverdhan Nath.

We welcome suggestions and comments on this article.
Share your thought @creation@barkatt.in



Tantra is dignified by Lord Shiva himself and Goddess Kali. They evolved Tantra to help mankind and make the world a better place..

**IT IS ABOUT RESOLVING YOUR ISSUES, WHICH IS EASY
WHEN YOU PRACTICE “SATVIK TANTRA”. THE PRACTICE OF
SATVIK TANTRA IS SAID TO HELP IN REACHING THE GODS
IN A REALLY SHORT TIME.**

LAMA FERA

3 DAYS WORKSHOP | 27TH DEC. 2020 ON ZOOM



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WELL DONE

IS BETTER THAN

WELL SAID





CLAIRS

YOUR FIVE CLAIR SENSES

BY DR. ANUJJ ELVIIS

W

hether you refer to it as a gut feeling, a reaction, instinct, foresight or a certain knowingness about events that haven't yet taken place, everyone has the gift of intuition. I hope you are listening to the signs and signals?

PSYCHIC MEDIUM Dr. Anuj Elviis

asks and goes on to explain the five Clair senses, what they are and how to identify and develop them. when developing one's spiritual connection, one often battles with great self-doubt. Don't be demotivated its quite natural. It was difficult for me too. But I soon realized that what was important was that I was, in fact, receiving profound validations or evidence from spirits to convince both the people I worked with and myself too. There were sincere connections being made.

AS I STARTED TO DISCOVER THE LANGUAGE OF THE SPIRITS AND BETTER UNDERSTAND HOW INTUITION WORKS, I REALIZED THAT MY WAY OF RECEIVING INTUITIVE INFORMATION WAS AMAZING I JUST HAD TO EMBRACE IT.

The irony was that once I let go of my desire to explain i started to recognize spirit energy as sparks of lights and orbs along with full seeing which I already had by birth. With time, I realized that while we have one or two dominant physical senses, we also have dominant intuitive senses and that we all connect with spirit in our own unique way. Our job is to understand and figure out our own way and then simply embrace it. And that's exactly what I'm going to try and help you to do.



Similar to radio waves, spiritual data is constantly being broadcast around us, so it's really just a matter of learning how to become Intune.

To interpret what spirits are broadcasting, you'll be using your five senses like you do in your day-to-day life. And just as you may feel that some of your senses are more reliable than others for making everyday rulings, you have senses, or clairs, that are stronger for connecting with spirit..

The clairs are types of psychic abilities that correspond with the five senses of seeing, hearing, feeling, smelling and tasting. When I tap into my intuition and spirit energy, my mind and body become flooded with mental impressions: thoughts, feelings, images, sounds, tastes and smells.

CLAIRVOYANCE – SEEING

CLAIRAUDIENCE – HEARING

CLAIRALIENCE – SMELLING

CLAIRGUSTANCE – TASTING

CLAIRCOGNIZANCE – KNOWING

CLAIRSENTIENCE - FEELING

To help you determine what your dominant clairs are, let me start explaining what they are and how our preferred senses shape our lives

Clairvoyance means clear seeing.

This is when visions past, present and future flash through our mind's eye, or third eye, much like a daydream. If this sounds familiar, your clairvoyance is most likely a dominant sense.

Clairaudience means clear hearing.

This is when we hear words, sounds or music in our own mind's voice. On rare occasions, spirit may be able to create sound. If this feels right to you, clairaudience may be a leading sense for you.

Clairalience means clear smelling.

This is being able to smell odours that don't have any kind of physical source. When our sense of smell is strong and distinct, we may find that certain smells connect us to past memories.

Clairgustance means clear tasting.

This is the ability to taste something that isn't actually there. This experience oftentimes comes from out of the blue when a deceased loved one is attempting to communicate a memory or association we have with a particular food or beverage that reminds us of them. My favourite is cigarette smoke in a closed room.

Claircognizance means clear knowing.

This is when we have knowledge of people or events that we would not normally have knowledge about. Spirit impresses us with truths that simply pop into our minds from out of nowhere. An example of this would be a premonition: a forewarning of something that will happen in the future. Claircognizance requires incredible reliance because there's often no practical explanation for why we suddenly "know" something. If this is you, consider claircognizance as one of your dominant senses.

Clairsentience means clear feeling.

This entails feeling a person's or spirit's emotions or feeling another's physical pain. Many of us are clairsentient without consciously being aware of it. When we get a strong "gut" feeling, positive or negative, about someone we just met or when we get the "chills" for no apparent reason, we may be tuning into the emotional energy of a person or a spirit around us. Empaths have a higher chance of being clairsentience. If this is you, clairsentience is at the top of your senses list.

How to recognize your dominant style of sensing?

Sit in a comfortable place where you won't be distracted for a few minutes. Scan the area around you, taking in all details and feelings of where you are. Then close your eyes and focus on your breath. Breathe deeply and slowly as you mentally review what caught your attention when you scanned the room. Was it the sight of something that stood out, the sound of something that you heard, the feeling of something registering in your stomach or heart, a taste or smell that suddenly appeared or a strong thought about something that hit you from out of the blue? Playing some calming and soothing music with light fragrance incense will set the ambience.



ONCE YOU ARE AWARE OF THE
DIFFERENT WAYS YOUR INTUITION
AND SPIRIT CAN SPEAK TO YOU, A
DOOR IS OPENED TO THIS POWERFUL
DIRECTION, WHICH WILL ASSIST YOU
IN CREATING A MEANINGFUL AND
MAGIKAL SPIRITUAL JOURNEY.

We welcome suggestions and comments on this article.
Share your thought @creation@barkatt.in

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DR. ANUJJ ELVIIS

India's First Male Wicca

PHD (A.M) WICCA HEALING | DIAGNOSIS & PROGNOSIS



DR. ANUJJ ELVIIS

A Vodun Houngan and a Wiccan High Priest and a teacher. An eclectic practitioner of the craft. He blends Wicca with a lot of other things.

An Eclectic is a person who practices any form of Eclectic spirituality. Anuj Elviis gives a lot of importance to prayers, energy work, meditation, and divination. Anuj Elviis works as a spiritualist, psychic, clairvoyant, medium, and a healer and continues to explore his own ways, methods and techniques towards the path of self-realization.

has served as a conduit between this world and those who have crossed over to the other side for the past 40 years however been working professionally only for 20 years. His work has helped many families to move on and recover from this irreplaceable loss. Due to the high and growing demand for spiritual truth, he has devoted himself full time to serving as a medium.

He is someone who incorporates elements from various other religions and spiritual paths into his own personal spiritual practice. To be an Eclectic it is important to see the good in all religions and to respect all faiths. Wicca to him is fertility and a nature-oriented Earth based religion that honors the Divine in all aspects of life and nature. He gives a lot of importance to prayers, energy work, meditation and divination.

To book an appointment with Dr. Anuj please contact at +91 9958633441 or email at creation@barkatt.in

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Vastu Shastra

Vastu is the science of balancing the elements in the house so that you can have harmony in your relationships, health and wealth. Any imbalance can bring hardship, poor health, draining of wealth, and hence poor performance, daughters not getting married etc.

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Wicca

Wicca is a very peaceful, harmonious and balanced religion and way of life which promotes oneness with the divine and all which exists. It is a fertility based and Earth based religion. It is being in humbled in admiration in the presence of Mother Earth.

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