

BARKATT



ISSUE 02 | MAY 2020

A Salute to the real heroes

CORONA WARRIORS

A practice for True Happiness

YOGA

WOMB JOURNEY

Pathway to connect to the
goddess archetype in You!

WICCA

peaceful, harmonious and
balanced religion

A disease of

JUDGEMENT

Don't miss out to be a part of
an exciting experience

MYSTIC TAROT

A case study of

SCHIZOPHRENIA



FOUNDER'S MESSAGE

I AM DELIGHTED TO
INTRODUCE THE SECOND
ISSUE OF OUR QUARTERLY
E – MAGAZINE.

This issue features several articles. Every article speaks to challenge, opportunity, and the transformative power of hope. In this issue you will be reading about how we ridicule people who express freely, label them as emotional, too sensitive, immature, impulsive etc. A case study of a 16 years old girl dealing with Schizophrenia. The founder of Sacred Lotus Womb Academy will speak about the self-transformational womb journeys for women and men. You will be getting insight about the peaceful, harmonious and balanced religion “Wicca”. Also join an exciting experiential journey of “Mystic Tarot”.

In this issue we will be Featuring International Yoga Day. This story will cover the tips to boost your mental and physical fitness during this tough time of “Lockdown”.

We are dedicating this issue to the people who are working selflessly for the betterment of our lives. A big solute to the real heroes of our country “The Corona Warriors”.

We hope you will find this issue interesting and useful.

For those of you who have been with us since the beginning and for those just joining us, thanks for being a part of Barkatt journey.

Enjoy reading!

Sincerely,

Huma Parveen

Founder of Barkatt



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CORONA WARRIORS

A Salute to the real heroes

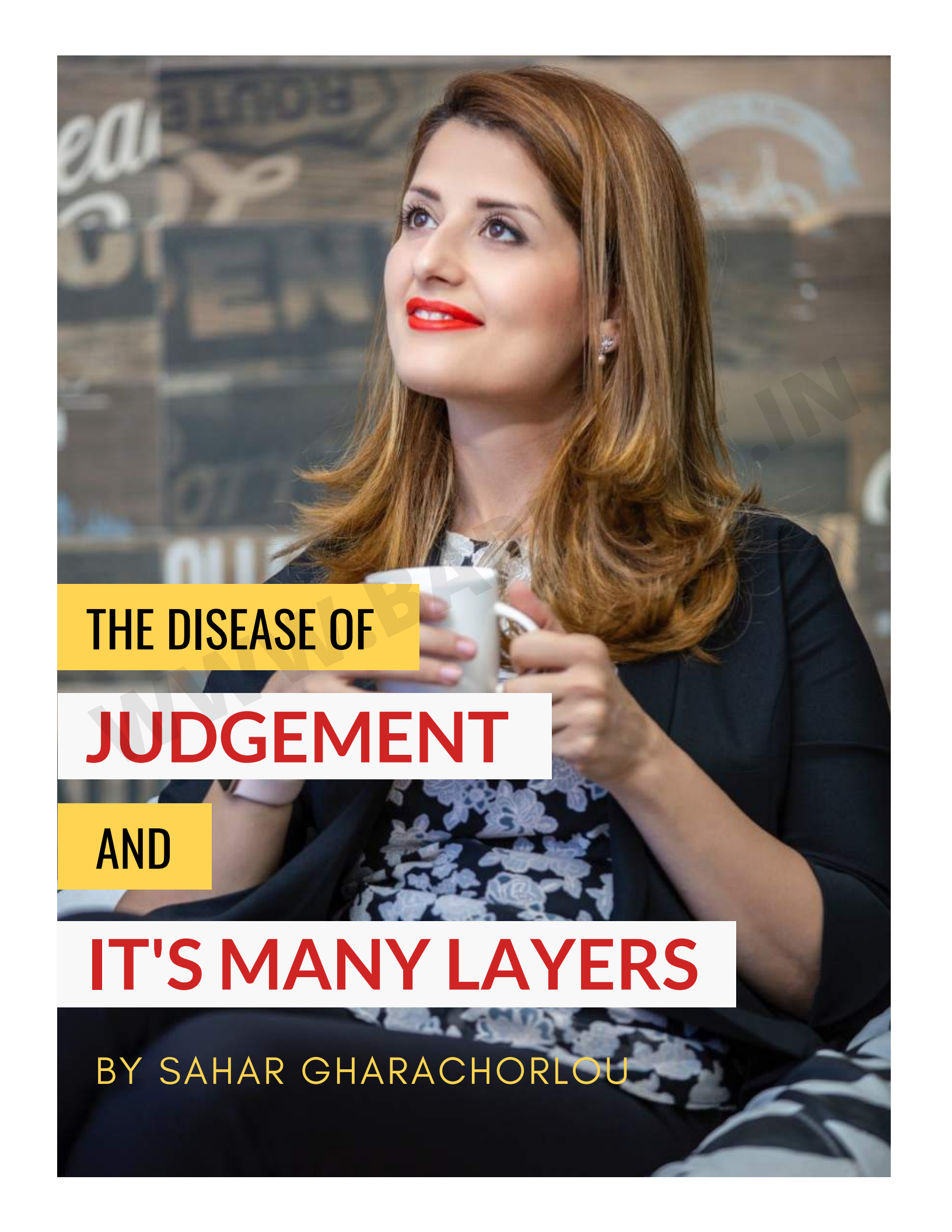
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MEET THE EXPERTS

tools to make your life a vibrant, joyful, fulfilling and powerful experience.

LIVE A LIFE
THAT WOULD MAKE YOU
JEALOUS





THE DISEASE OF

JUDGEMENT

AND

IT'S MANY LAYERS

BY SAHAR GHARACHORLOU

was speaking to a gentleman regarding certain emotions and discussing how vulnerable we are when it comes to addressing or even acknowledging emotions as we go through life.

It seems it becomes even more difficult with age, since more is expected. As if, as we age we become the wizard of OZ and should never ever make any mistakes.

Age seems to be waiting to punish us and asks us to become a superhero of a kind. Age seems to take away the freedom of being human. Every new year of life comes with a stronger form of the same condition & it reads; 'no more mistakes'.

As he was expressing what he felt for different people at different times, I was aware of how the rawness of his statements was making me feel uneasy.



I caught myself a dozen times judging him, his emotions, myself & my reactions, my unspoken resistance, nonverbal discomfort and the eagerness to end the conversation. I realized how his truth was making me uncomfortable.

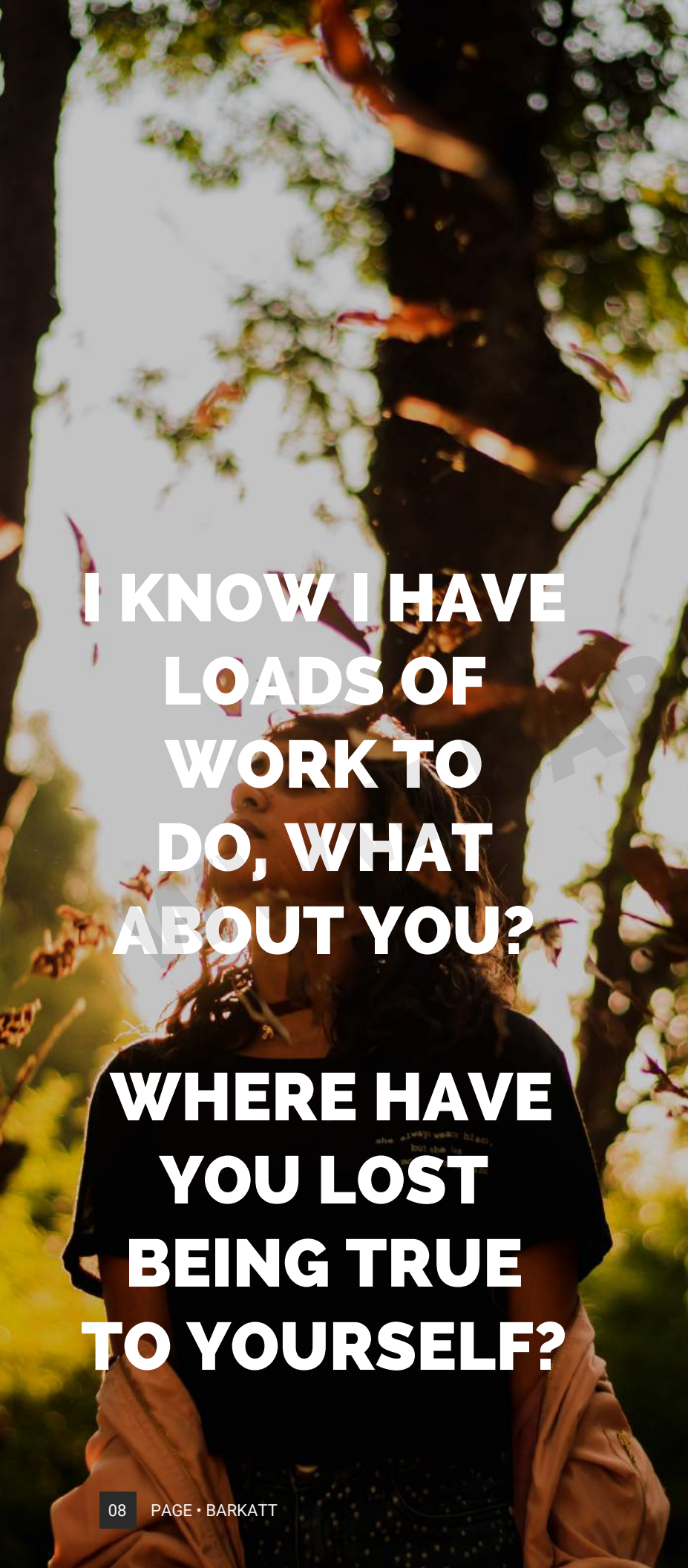
After disconnecting the call, I felt like a hypocrite and probably because at that moment I was.

HOW CAN WE EXPECT PEOPLE TO BE HONEST AND TRUTHFUL WHEN WE DON'T FEEL COMFORTABLE OR EVEN DEBUNK THEM IF THEY ARE BEING THEMSELVES. I AM NOT EVEN STARTING ON,- US BEING HONEST-, THAT'S YET ANOTHER QUESTION MARK.

WHY DO WE HAVE SO
MANY MASKS?

WHAT GOT US TO THIS
STAGE THAT WE ARE
ENSLAVED BY OUR OWN
JUDGEMENTS?

*We ridicule people who express
freely, label them as emotional, too
sensitive, immature, impulsive etc.*

A woman with long dark hair is looking upwards, her face partially obscured by the text. She is wearing a dark t-shirt with some faint text on it. The background is a lush green forest with sunlight filtering through the trees.

**I KNOW I HAVE
LOADS OF
WORK TO
DO, WHAT
ABOUT YOU?**

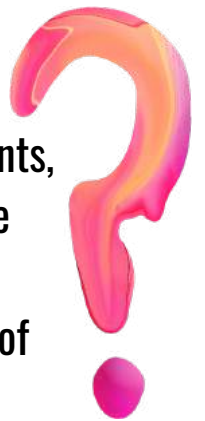
**WHERE HAVE
YOU LOST
BEING TRUE
TO YOURSELF?**

Every single one of us is looking for honest, loyal, truthful partner / friend or relationship while when people speak their truth it makes us so very uneasy, we immediately judge them and conclude whether we want to even know them or not.

This gentleman and the conversation have got me to relook at many layers of judgement, has opened a new multi layers of myself where I need to dig and clean loads of judgement webs that's keeping my spirit so caught.

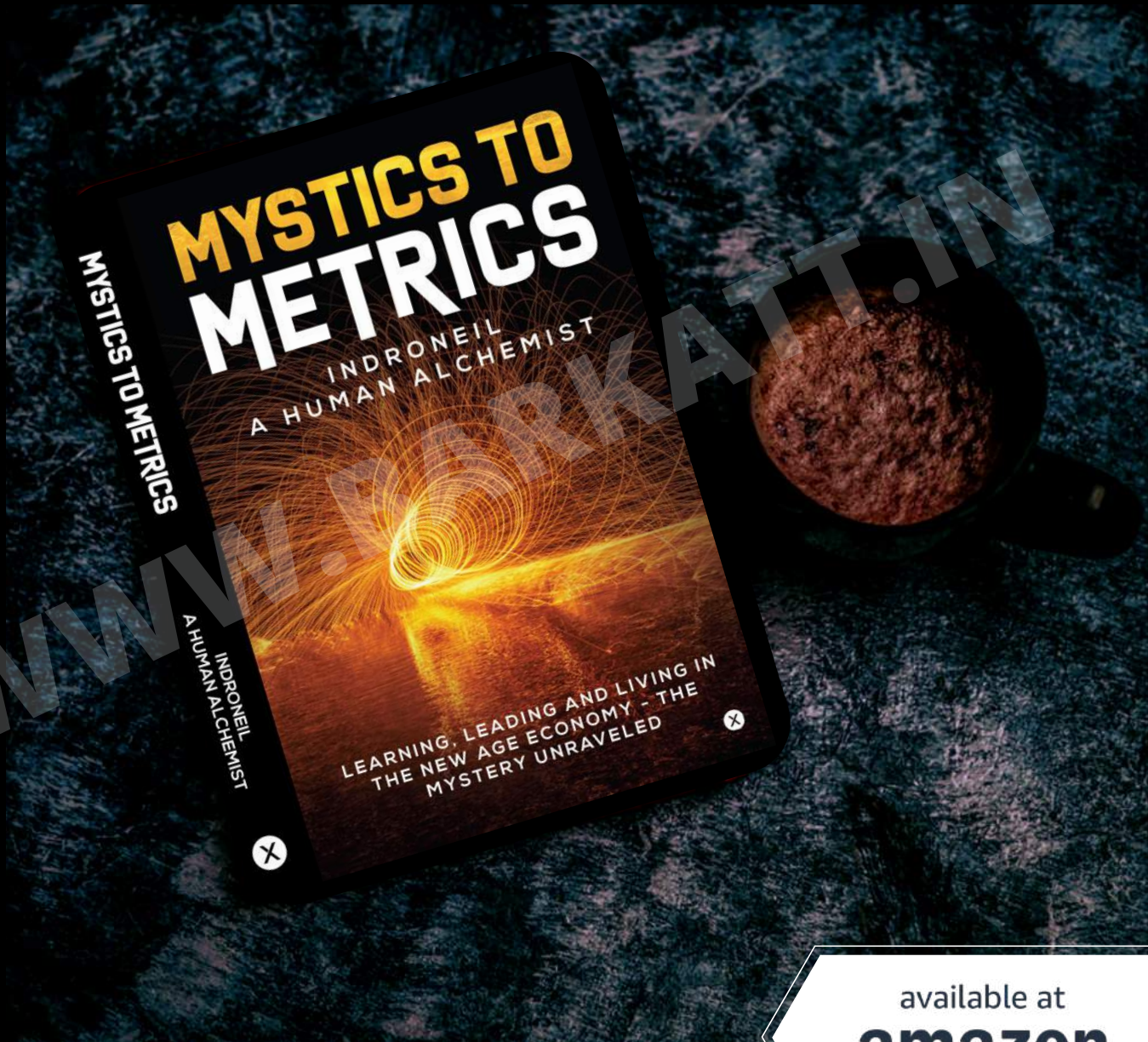
I realize as always, everything stems from inside. While most of us try to be authentic and honest in our relationships outside, the bigger question is how authentic we are within?

Why do we have so many unnecessary conditions, judgements, paradigms which are only harming us and taking away the joy of being fully present



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AGE ECONOMY - THE MYSTERY UNRAVELED



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SCHIZOPHRENIA

**By Chaina
Karmakar**

A case of Schizophrenia:

In my last ten years I have dealt with more than 1000 case across the globe. This case made me learn about mental disorder a lot.



A 26 years old girl, who was a Journalist by profession, had huge thirst for mysticism. To quench that thirst, she started with experimentation on her own. She gathered all the information using search engine to meditate and to gain power. Out of body experience was her fascination and she experienced it couple of times, as she claimed. She was enjoying the experience but all of a sudden things started reversing, fear grips in so badly that she barely had sleep.

Hallucination started with suicidal tendency. Parents had to intervene and they get her back to native place and her nightmare started. Parents had sleepless nights in order to protect her as she wanted to end her life. Her imagination and curiosity hand landed her up in loop of mental disorder, Schizophrenia.

In her case, the hopelessness was very high and for her, ending life was the only solution left. As she was competing with herself, anger towards self was at peak. Being very ambitious, she was chasing power. All these things brought together an internal state of turmoil which she couldn't handle.

Self-criticism was very high as faith in life got eroded while going through the roller coaster ride of life.

On one side were her dreams and aspirations which were more than big and on other side were the challenges which she felt unequipped to handle and thus created a state of mental instability, which always is an easy way to escape the situation unconsciously (no responsibility, no pressure to prove, no comparison).

They contacted me in a state of helplessness and agony. I started her healing and she responded very fast. Within one session her mind started calming down and she started sleeping well. After a week or so, when she was more open and receptive, started the healing process in full-fledged manner where I worked on her physical body work, and aided her with distant healing, coaching, and also working on DNA thread.

Slowly I started to empower her with different tools and techniques. She had immense desire and willpower to come out of the situation at a fast pace.

Ecosystem of the patient's surroundings is of utmost importance and in her case, the parents provided uninterrupted 24*7 support. If they won't have provided the unconditional support, her recovery won't have been possible. She has started exploring her life with a new enthusiasm and expanded awareness towards life and has resumed to work.



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WOMB JOURNEY

PATHWAY TO CONNECT TO THE GODDESS ARCHETYPE IN **YOU** !

BY DR. EVELET SEQUEIRA MD





What is Womb Consciousness?

WHAT IS WOMB CONSCIOUSNESS?

In Carl Jung's psychology the archetypes is the first model on which all similar persons, objects and concepts are derived, copied, patterned or emulated. It's the primitive mental image inherited from the human ancestors present in the collective unconscious. The goddess archetype is recognized to embody wisdom, nurturing, grace, guidance, sensuality, power etc on her light side. The shadow side manifests as vanity or self-indulgence etc. The various goddesses from different pantheons also show up as archetypes of the Maiden, Mother and Crone. Working with them and one's own life situations with the goddess of choice, one is able to understand, heal and enquire into the unconscious traits that are lurking to create chaos in one's real life. This manifests as physical ailments in the reproductive system, mental afflictions, lack of self-regulation, emotional resilience, and a disconnection from Source or spirit.

The word WOMB anatomically means the uterus, the organ where, Young one is conceived and grows until birth. Figuratively it's a place where something is formed. The metaphysical meaning is "it's a container, chalice, or a holding space where something is consciously created using the energy of Love" The womb is a center or a portal of consciousness that operates on physical, emotional, spiritual and energetic levels bringing to transformation to love all that is not love. It is present in both women and men, popularly known as Dan Tein, or Hara center. This is the resting place for one's Soul energy. Through this portal one can access one's Higher Self / Goddess Self and the I Am Presence.



DR. EVELET SEQUEIRA MD

The founder of Sacred Lotus Womb Academy and facilitates self-transformational womb journeys for women and men, via one on one sessions, online and offline workshops. She is a seeker and womb keeper for the last 8 years.



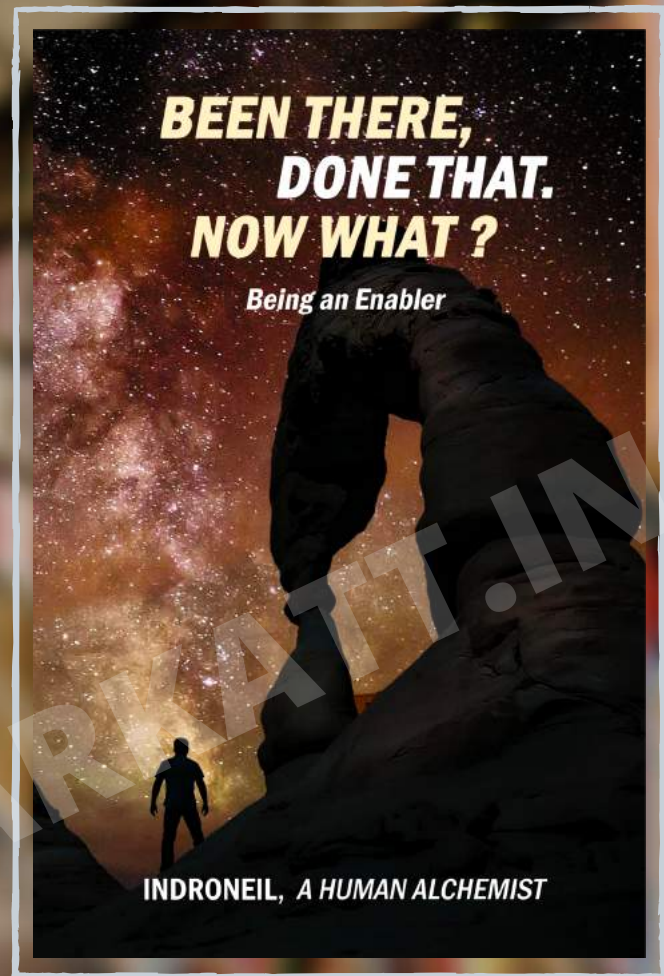
Dr. Evelet Sequeira MD supports women to undertake one to two hour womb journeys through guided meditation, sound healing with the Tibetan bowls, symbols imagery, expressive arts therapy to explore ones womb-scape. The journey brings one in touch with information that is necessary to restore his/her fertility (read creativity), harmony, healing, and co-creation of the Goddess self within him/her. The sessions are done one on one or on skype. One can heal deep emotional wounds in their uterus, ovaries and the vagina using meditative womb healing techniques and use of sound vibrations to bring harmony to the body, mind and spirit. One can open up ancient deep-seated womb wisdom to guide one's daily life from the Lotus seat in their womb.

WHAT AND WHY OF WOMB HEALING

Benefits of Womb Healing

Rejuvenates the BEING
Regenerates the womb temple
Reclaims ones sacred
femininity

BEEN THERE DONE THAT. NOW WHAT?



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WICCA

PEACEFUL, HARMONIOUS AND BALANCED RELIGION



By Anujj Elviis



Anujj is 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.

Wicca is a way of life which promotes oneness with the divine and all which exists. Wicca is a fertility based and Earth based religion. It is being in humbled in admiration in the presence of Mother Earth. To be a Wiccan is to be a healer, a teacher, a seeker, a giver, and a protector of all things. The origins of Wiccan belief system are traced further back to the Palaeolithic peoples who worshipped a Hunter God and a Fertility Goddess.

WITCHCRAFT IN ANCIENT HISTORY WAS KNOWN AS "THE CRAFT OF THE WISE" BECAUSE MOST WHO FOLLOWED THE PATH WERE IN TUNE WITH NATURE JUST LIKE SHAMANIC HEALERS AND LEADERS.

INITIATION AND THE FIRST DEGREE:

Degree initiation is a new beginning rather than the end of something. A Degree initiation ceremony is a powerful and moving experience. Our path of Wicca follows the traditional practice of insisting on at least a year and a day of study before initiation to the First Degree. In our theme you will be brought blindfolded and bound and challenged at the threshold of the circle to determine if you enter of your own free will and measure will be taken and returned to you.

It symbolizes being reborn into a new life of being a Wiccan. Initiation represents recognition of a certain level of mystical understanding. Part of its purpose is recognition, but it is given after you finish the first level. In our traditions, it also links you to the lineage of those who have come before you and transforms the initiate and improves him or her as a person and a Wiccan. During this time, the seeker studies and completes assignments designated by the coven's High Priest. This includes books to read, written assignments to turn in, public activities, demonstration of skills or knowledge obtained etc.



SECOND DEGREE

At Second Degree, you should have enough understanding of the Craft to be able to teach it and perform rituals if required. The ritual for initiation in this level involves a symbolic death and rebirth. An initiate is seeking to become an instrument of the Divine. A Second-Degree seeker is called a Priest or a Priestess they are someone who has shown that they have advanced beyond the basics of First Degree. They are often tasked with assisting the High Priest, leading rituals, teaching classes, etc. Sometimes they may even act as mentors to new initiates. This is a self-study level with guidance of the High Priest in the tradition of Wicca.

Wiccans who have reached Third Degree should be able to understand Wicca well enough to intelligently debate and create theology. A Third Degree Initiate may choose to hive off and form their own coven if they want. This degree is only granted to those who intend to form their own coven or part ways. However one can choose to remain at Second Degree for years and continue to be a part of ours.

THIRD DEGREE

A CRYSTAL CAN HELP
US REACH OUR GOALS

BY PROVIDING US THE ENERGY
THAT MATCH OUR INTENSION.



Are you ready

to create

a new reality ?



BY BAAKKUL N.K.



BAAKKUL N.K.

IS ON A SPIRITUAL JOURNEY TO EMPOWER YOU TO BECOME THE DESIGNER OF YOUR OWN FATE AND BECOME THE MASTER OF YOUR OWN DESTINY!!!

In his colossal cosmic journey that spans for more than two decades from a powerful holistic healer to a much-cherished miracle -maker, Baakkul is a powerhouse of wisdom, intuition talent and perception. He is a sensitive new age facilitator, a magnificent scryer, who has the potential to metamorphose lives of those who are brave enough to step into the unknown... And deep within him resides a natural flair to heal others so he can contribute back to the society by creating world class spiritual citizens.

He has held countless path-breaking, spectacular, life transformative workshops for the benefit of mankind! He provides deeper insights about you & the world around, through his potent workshops and healing therapies.

Baakkul will help you with a set of tools that will help you to create a truly magnificent & magical future and make you understand about your past lives and create a truly glorious future, where you will constantly create new prospects, have a greater sense of well-being, have enormous positivity as well as put excitement back into your life.



WHEN YOU CHOOSE TO LEARN WITH BAAKKUL N.K. YOU WILL:

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- FIND ENDLESS WAYS TO EXPRESS YOURSELF CLEARLY & CONFIDENTLY
- OVERCOME BLOCKS OF THE MIND
- CREATE HAPPY AND A HEALTHY FAMILY LIFE
- DEAL WITH INNER CONFLICTS
- IMPROVE ON COMMUNICATION SKILLS
- DISCOVER THE KEYS TO HAPPINESS & THE JOYS OF BEING YOU

Workshops & Sessions offered by Baakkul N.K.

- Access Consciousness Bars
- Angel Therapy
- Access Face Lift
- Access Body Class and SOP Sessions
- Psychic Development Program
- Tarot Card Reading
- Star Magic Healing



“I offer private tarot consultations, bringing together all my areas of expertise in spiritual pathworking, personal empowerment, overview of personal and professional dynamics including advice to corporate business. I also include aura sensing, psychometry, exploring life patterns and spirit communication. I can help in determining the influences and trends that surround any given situation, encouraging positive life choices. Tarot provides an organic healing system that gives us insights into how to create balance and harmony in our lives.”

- **Baakkul NK**

Mystic Tarot

DON'T MISS OUT TO BE A PART OF AN EXCITING EXPERIENTIAL AND TRANSFORMATIVE WEEKEND WORKSHOP.

This event is truly stepping into the new age as this experiential and transformative weekend workshop will now be online. You will be exploring how to raise your vibration, how to access the field of resonance and what it means to connect with spirit virtually and give messages.

WE WILL BE DELVING INTO OUR SKILLS AND TALENTS, THESE INCLUDE:

- Reading Auras.
- Psychometry at a distance .
- Intuitive Tarot.
- Spirit Guides.
- Spirit Communication.

By taking part in this weekend event you can expect to enhance the depth of your consultations. Gain confidence in your online ability and delivery and generally take your awareness and skill base to a whole new level!

All levels welcome. Participants are limited to 15 people.

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YOUR "BRAND" TO
YOUR AUDIENCE
MORE QUICKLY
AND EFFICIENTLY

*Your audience will eventually start
noticing your brand when they are
not even thinking about it.*

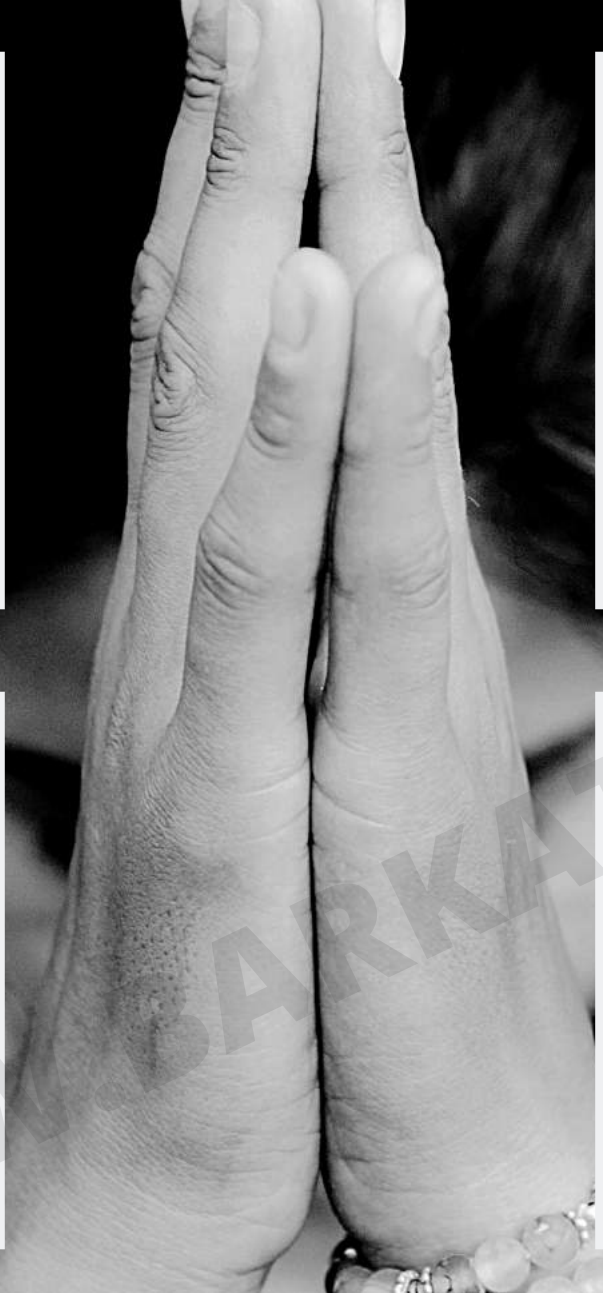
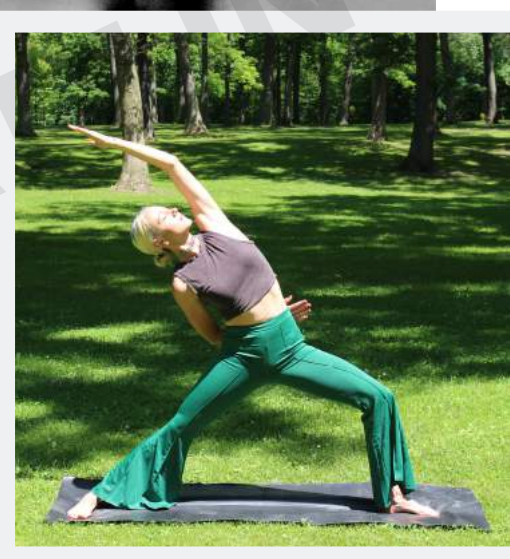
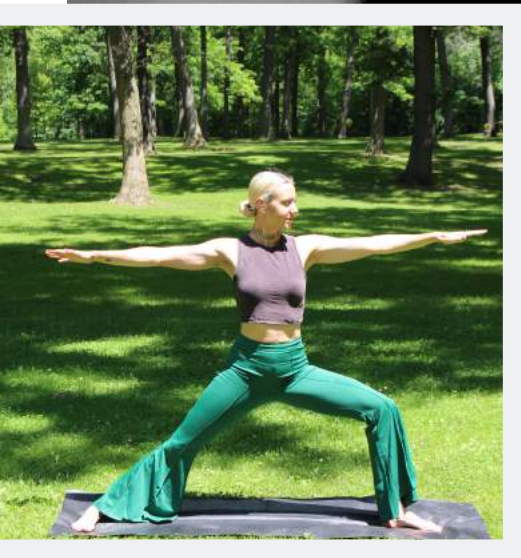
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IS LOCKDOWN MAKING YOU ANXIOUS AND DEPRESSED?

**YOGA CAN BOOST YOUR MENTAL AND PHYSICAL FITNESS BY IMPROVING
SLEEP, BUSTING STRESS, STRENGTHENING YOUR HEART AND MORE...**



"Most people in this country believe that yoga is just postures which unfortunately is not true today. In fact, a large part of yoga is meditation and breathing techniques that ameliorate stress," said **Indranill Basu-Ray** from **Memphis Veteran Hospital in Tennessee** and **Adjunct Professor of Public Health at University of Memphis**.

Yoga and Meditation practice boosts immunity working at many levels including neural. Thus, it is important to practise a daily dose of postures (asanas) and meditation to keep away anxiety, depression and attendant decrease in immunity," he said.

PEOPLE ARE FORCED TO ISOLATE AND STAY IN THEIR HOMES LIKE IN THIS COVID-19 PANDEMIC, IT CREATED A GREAT DEAL OF ANXIETY AND DEPRESSION. BOTH ANXIETY AND DEPRESSION HAVE ADVERSE EFFECTS PHYSICALLY AND CAN ACTUALLY BRING DOWN YOUR IMMUNITY TO VIRAL INFECTIONS.

21st June
International Yoga Day



YOGA

An ancient Indian philosophy of holistic well-being that is still prevalent all over the world and as relevant as it was centuries ago. International Day of Yoga has been constituted to honor this age-old philosophy and spread its wisdom to people of all ages, cultures, and nationalities.

International Day of Yoga is celebrated on 21 June every year. It was constituted in December 2014 by the United Nations General Assembly with a historic endorsement by 175 member countries.

The themes set by the United Nations International Yoga Day till Now:

2019: CLIMATE ACTION

2018: YOGA FOR PEACE

2017: YOGA FOR HEALTH

2016: CONNECT THE YOUTH

2015: YOGA FOR HARMONY AND PEACE



LET'S TALK ABOUT THE BENEFITS OF YOGA

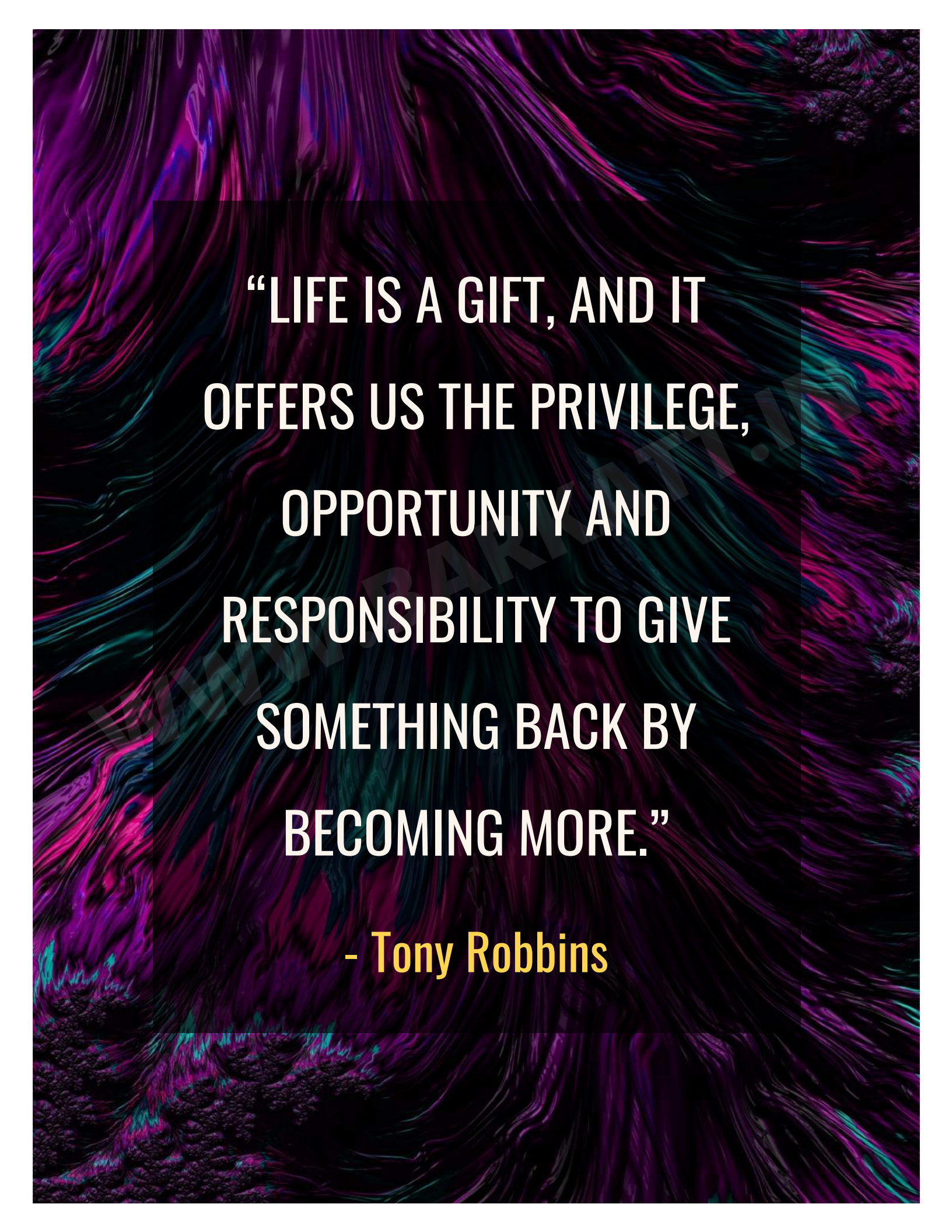
By doing YOGA daily we can enhance body, focus and can increase your memory and productivity.

YOGA can relieve your muscle pain and helps to improve your overall health.

It helps to strengthen your body and stabilize your spine which can relieve your back pain, stress, and tension.

It stabilizes your mind body and soul and fulfils it by peace and joy.

**SO, LET'S START PRACTICING
YOGA AND MAKE IT PART OF
OUR DAILY ROUTINE.**



**“LIFE IS A GIFT, AND IT
OFFERS US THE PRIVILEGE,
OPPORTUNITY AND
RESPONSIBILITY TO GIVE
SOMETHING BACK BY
BECOMING MORE.”**

- Tony Robbins



#THANKYOU

CORONA
WARRIOR



The Front line Warriors are the best epitomize of selfless service beyond the call of duty. The "Corona Warriors" in India, during the country's battle against COVID19.

The doctors, nurses, ward boys, pathologists, pharmacists and their like. As stricter norms came to be implemented, the policemen came to the fore. With the lockdown, the providers of essential supplies made their presence felt: milk, vegetables, grocery, newspaper, water, electricity, telecommunication and banking among others. To stem the departure of migrant labour and started kitchens to feed the needy.

More or less like the various stages of the journey of coronavirus, the list of corona warriors also expanded.

The policemen started supplying rations and medicines, the postmen started delivering cash and essential commodities, railway coaches turned into isolation wards and the media started awareness campaigns and gave other assistance to the affected persons.

Khadi and other textile units engaged in making and supplying of masks which subsequently spread to community clusters.





“Sadke hain ab laawaaris, ghar pe baitha insaan hai, jahan khelte the sab bachche, khaali vo har maidaan hai, Mandir aur masjid hai band, khuli ration ki dukaan hai, Honsla hai phir bhi dilon mei kyunki,, Mera Bharat Mahaan Hai.”

- JOHN ABRAHAM

WE WOULD LIKE TO SAY **THANK YOU TO ALL DOCTORS, NURSES, DELIVERY STAFF, FARMERS, TEACHERS, RESEARCHERS, SANITATION WORKERS, GROCERY WORKERS AND EMERGENCY SERVICES WORKERS, AMONG OTHERS FOR THEIR CONTINUOUS EFFORTS FOR MAKING OUR LIVES EASY...**



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Tarot card reading is the practice of using tarot cards to gain insight into the past, present or future by formulating a question, then drawing and interpreting cards.

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Difficulties
in your life do not come
to destroy you, but to
help you realize your
hidden potential
and power,
**let difficulties know that
you too are difficult.**



- Dr. A.P.J. Abdul Kalam

ANGELS ARE WITH YOU

*Make your wish and let
them hold your dreams in
their loving hands.....*



Experience the *"Healing Touch"*



Barkatt Spiritual Healers,
Therapists and Life Coaches are
available to offer you practical
tools to make your life a vibrant,
joyful, fulfilling and powerful
experience.





ANUJJ ELVIIS

A CELEBRITY SPIRITUAL GUIDE

He is an eclectic practitioner, he dabbles in Wicca, Vodun, Voodoo, Hoodoo, Conjure and Rootwork along with Reiki, rune reading, angelic guidance, and tarot reading in his practice, along with vastu consultancy. Anujj is 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.

Anujj Elviis also gives a lot of importance to prayers, energy work, meditation, and divination, because he believes Magik is the Divine working through a person to bring about change in the world.

His path is based on 3 principles:

- Knowledge of Self
- Power over Self
- Control over Self

Connect with Anujj Elviis:

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- Merlin Trinity Healing
- Violet Flame Healing
- Past Life Regression
- Spell Castings
- Aura Healing
- Chakra Balancing



CHAITALI HIMANSHU JHAVERI

REIKI TEACHER AND A GRAND MASTER

I can empathetically say that the energy goes where the attention goes. So, when thoughts start bringing in more attention to the energetic being, then the life of individuals starts changing, it brings in a renewed health, wealth, positivity into their lives. And accordingly, positive people, abundance, love, peace, joy and glory starts flowing in and around the soul.

My aim is to be helpful and guide people in their spiritual journey to empower them with hope, vision, knowledge and happiness. Which is possible only if they know how important it is to keep their lives balanced mentally, physically and spiritually at the soul level, for a better living in a more peaceful environment.

And the time for you starts NOW.....!!!

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- Lama Fera Healer and Teacher
- Akashic Record Reader
- Tarot Card Reader
- Bach Flower Remedy Practitioner and Teacher
- Past Life Healer



INDRONEIL

BACH FLOWER THERAPIST

Acclaimed as a Guru of Change by the Week magazine and a Top Ten Thinker by MTC Global, upheld by his followers as a Human Alchemist and a global pioneer of Transformational Coaching, Indroneil is gifted to heal and enable transformation in human lives. He is a respected Bach Flower therapist, not only in Bangalore but the world over. Also he conducts group and personal coaching sessions on Bach Flower Therapy.

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.

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Apart from other recognitions and accolades, he has recently been awarded the Mother Teresa Humanity Award, which is nothing less than the wind beneath his wings, thereby, motivating him to impact more and more lives as a mentor and life-coach.

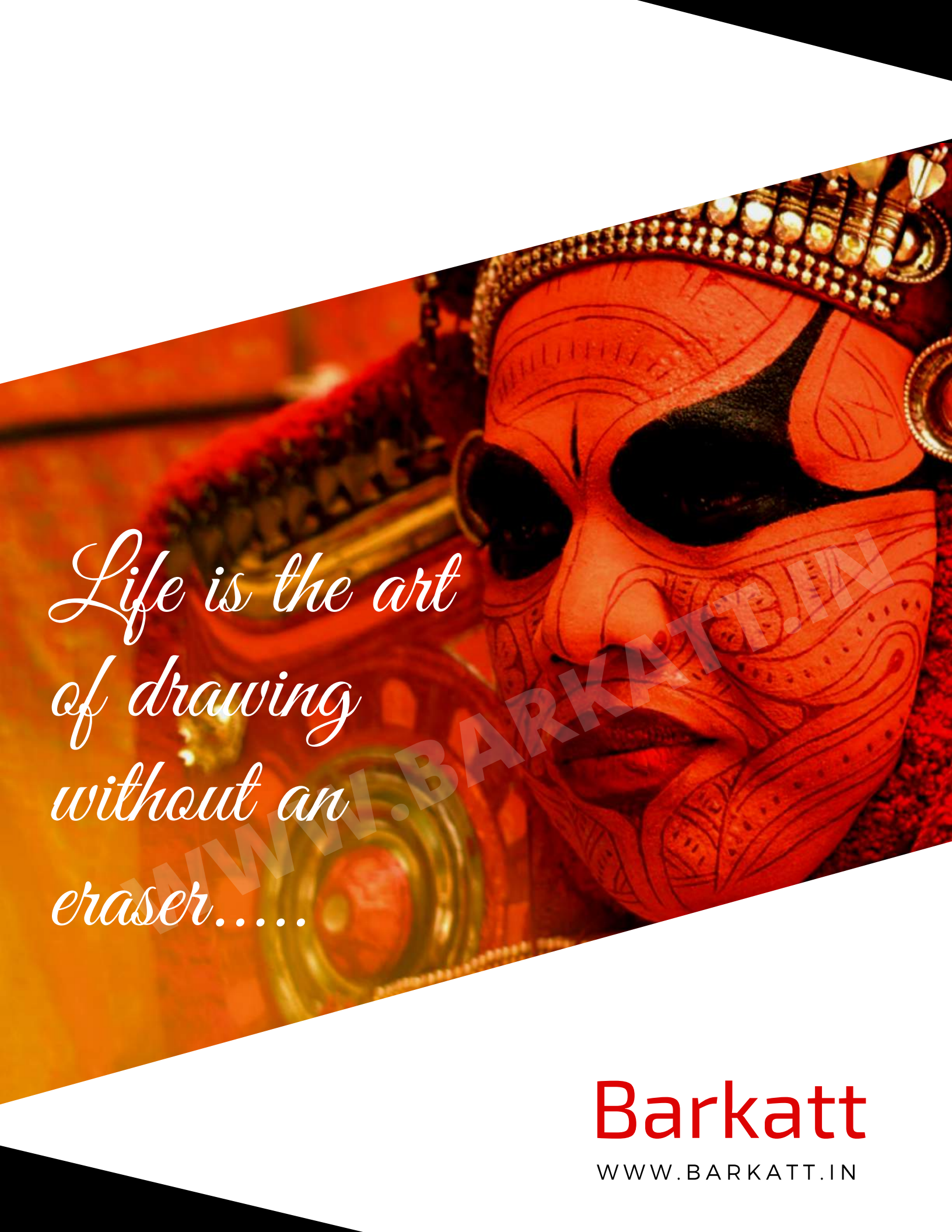
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