

AUG. 2023

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THE SPIRIT'S QUEST

The journey of spiritual exploration and enlightenment

BARKATT MAGAZINE

Exclusive

Getting to know
someone too well can
lead to not liking them

*Healing the Present
through the Past*

**DR.
MEGHA
GOEL**

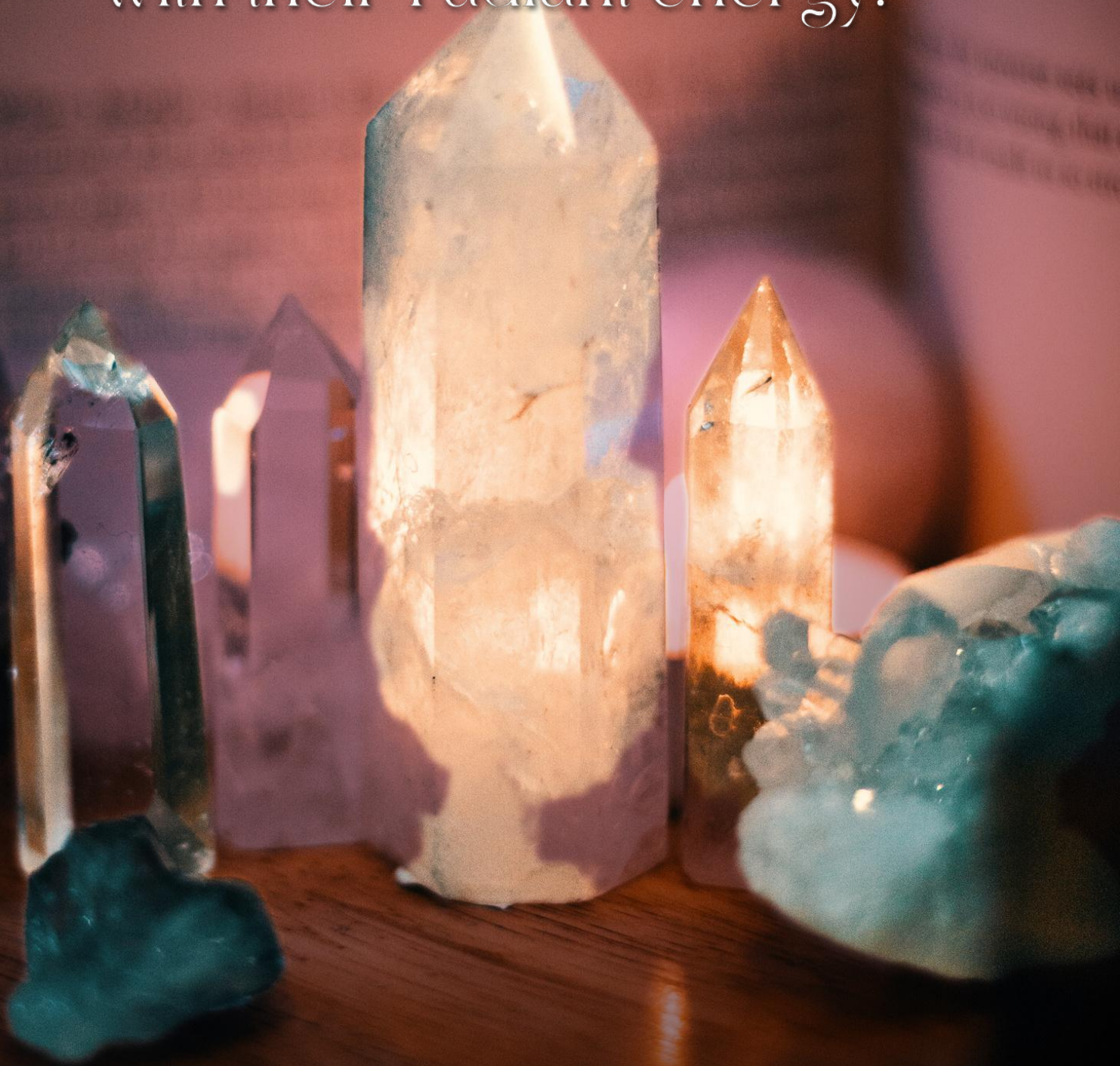
The Multifaceted Soul
Healer and Guiding Light

AKASHIC RECORDS
THE DIVINE BLESSING

The Impact of
Nutritional Choices on
Lifestyle Disorders



*"Crystals are Earth's dazzling
gems, holding ancient wisdom
within their vibrant embrace,
ready to illuminate our journey
with their radiant energy."*



Founders' note



Dear Reader,

Back in February 2020, we launched very first edition of our E-Magazine. Covid-19 was just starting to affect people's lives. We covered all aspects of Covid-19 and the efforts our communities were making to handle the situation. Life changed dramatically, people struggled to get basic things they needed. So, we decided to focus on helping people get their lives back on track. For two years, we took a break from making the magazine. But now, thanks to a bit of luck and grace of God, we are starting it up again. We are super excited to share the new issue of Barkatt E-Magazine with you. It is called **"The Spirit's Quest"**.

In this issue, we are going to explore the past to help heal the present. We will also answer a question many people ask: "Can we trust others and have good relationships?" Then, we have a story from a grandma that whispers the wisdom of our ancestors. And as we go on, you will meet someone who is dedicated their life to learning about spiritual and eco-friendly ways of living. We will also talk about Spiritual Practices that can help you overcome negative thoughts. You will learn about Akashic Records, which can tell the story of your whole life. We are introducing a modern Soul Healer and Mentor who is breaking the mold of what astrologers are usually like. We will talk about Astrology, why it is getting popular, and if it really has answers to all our questions.

Spiritual wellness is not just about changing spiritually, it is about being healthy overall. Just like we need to clean our minds, we need to take care of our bodies too. That is where Nutrition comes in. We will discuss how the food we choose affects our health. Finally, we are taking you to a place where serenity lives. It is a perfect place for meditation, exchange conversation, teaching spirituality and much more.

As you read, I hope you connect with what we are saying and it leaves a good impression on you. Our goal is to not only share knowledge, but to inspire you to make the world better. Whether you have been with us from the start or just joined, thank you for being a part of Barkatt's journey.

Enjoy reading!

Warm regards,
Huma Parveen and Devanshu Parashar

Founders' Barkatt Social Media Marketing Agency

Huma Parveen
Devanshu Parashar



*The eternal flame of wisdom, compassion, and
grace, guiding humanity's awakening, healing
hearts, and reminding us of our divinity.*

Maha Avtaar Babaji

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BARKATT

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WHERE IS PERSONAL
GROWTH & WELLNESS
ON YOUR PRIORITY LIST?

CASE STUDIES OF TOP LEADERS & PROFESSIONALS

ONLINE WORKSHOP

Explore the unknown realm
within, Dive into the depths

EXTRA

THROUGH THE EYE

YOGA

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

Familiarity Breeds Contempt





What does it mean?

Extensive knowledge of or close association with someone or something leads to a loss of respect for them or it. Another way to look at it is, idiom saying. It was used to say that if you know someone very well you stop respecting them because you have seen all their bad qualities. As I go deeper into speaking about this statement. The aspect of contempt goes deeper and gets nasty with time.

The more a person gets to know you, more they start looking at all the drawbacks and the aspects of you which is usually suppressed or hid away. When things go bad or there is a miscommunication or misunderstanding, the pointers of blame game and showing that this is what is expected of you would get stronger and more consistent. The pattern of constant nagging and gossiping would increase.

This is a phrase I used to hear often in my teen years and, I started to use it. Nevertheless, I would always take things for granted and fall back into old ways and get drawn into old patterns and behaviours.

I would have some of my friends say this statement to me often. Nevertheless, I used to conveniently overlook it falling back into the comfort of old habits and patterns. It was way easier to fall into the comfort of patterns and familiarity. So, before I start to speak about it. Let us look at the meaning of this phrase.

So often, we have a habit of growing very close to someone start sharing our problems and all our issues exposing our weaknesses and problems. Not truly knowing if things go sour would this person actually stand up and be there as a pillar of strength or actually go to the length of dragging into the mud or the space of being the person who would betray you or let you down.

Time can only tell each and everyone of us of what reality holds for us with each relationship. The pain of knowing that you have been mocked or spoken about can be very hurtful and tough to handle. No matter how strong a person gets there is a moment of feeling let down.

So, I am sure you must be thinking!

**Aren't we
supposed to
trust anyone
or be close or
have a good
relationship?**



Of course!! You are meant to meet and be part of having relationships are essential we are social beings. Human interactions is essential for us and much needed. But what one needs to know is when to draw lines and how to balance relationships out.

It is not about knowing and not implementing. Sitting in a space thinking this can't happen to me, is being in a web of denial. Yes, familiarity breeds contempt so how should I go about trying to balance and maintain a relationship.



Some basic principles one can follow:

- 1 Set boundaries at the very beginning, if it is not done. It is never late, go ahead and set boundaries and define your space. It could be done discreetly too.
- 2 Respect is much needed both ways, give respect and make sure you are given respect too.
- 3 Trust is an important pivot point that starts the process and foundation for any kind of relationship.
- 4 Keep conversations and communications open and clear. Clear up misunderstandings and miscommunication without delay. If you are upset, you rather speak it out and allow the other person to clarify.
- 5 Giving space in any relationship is essential and needed. You cannot be in each other's face all the time. In situations like that what all you would like of person. You may actually start getting annoyed with the same things.



10
Principles

Through ups and downs, family remains the unwavering anchor of our journey



6 Avoid getting into the toxicity of talking behind the person's back or backbiting. It can always come back to bite you when you least expect it.

7 When someone shared their problems, it is done with the point of '**I trust you**'. So, do not expose their issues to others. It is not yours to share or discuss. Learn to keep things to yourself and be mindful.

8 Have patience in any relationship, especially when you want someone to be there and they may not be able to come.

9 Avoid frequent meetings keep it simple and often, and yet not often. So that there is a balance in the relationship.

10 Expectations again can lead to misunderstandings, so avoid having that and make it easy and manageable without unwanted frills and fancy.

By working on some principles and understanding the importance of these, it would help you to have an understanding and healthy relationship. Balancing the relationships are equally important and trying to make sure you are keeping everything going the right direction is very much needed.

There is nothing right or wrong in any relationship it is all about the dynamics and how you choose to handle it and perceive it. Relationships dynamics change with time and that is again something to accept. At one point you may be really close and gradually drift apart. So, is someone wrong here?



THE JOURNEY OF FAMILY IS PAINTED WITH BOTH BRIGHT DAYS AND STORMY NIGHTS. ALL ADDING TO ITS BEAUTY.

No, no one is right or wrong, when you understand the simple law of the universe. People come into our life's for a reason and season and they move on. Each person comes bringing certain lessons and learnings that is needed for us. Some bring it the tough and hard way while some bring to easy and smooth. Nevertheless, lessons are meant to be learnt.

Respect and Trust is very much needed to have a good and balanced relationship with your near and dear ones.

Open communication and understanding always help in balancing a relationship to the point of keeping it healthy and secure.

Space and Expectations should be kept in mind if you want a non-complicated relationship

Get in touch with Samskara Healing, if you are looking for a mentor or need a session of healing and help remove blocks feel free to reach out and book a consultation.

Dr. Jayapalashri Anil

SPIRITUAL PRINCESS & SHAMAN

Dr. Jayapalashri Anil, affectionately known as the Spiritual Princess. Born in Bangalore, Karnataka, she was considered a divine gift by her father, who believed she was sent by the goddess herself. Today, many share the same sentiment, seeing her as a true gift to those seeking help and guidance through life's challenges.

Her parents hailed from Mysore, where her late mother, MaharajKumari Meenakshi Devi, was the second daughter of His Highness Late Maharaja Jayachamaraja Wadiyar, growing up as a princess in the Mysore Palace and raising her children with strict discipline. Her father, Late Sardar M. R. Lakshmi Kanth Raje Urs, came from an aristocratic family in Mysore and was a renowned advocate in the field of law. Their daughter, Dr. Jayapalashri, makes them proud as she excels and shines, becoming a guiding star for all those seeking her assistance.

Dr. Jayapalashri's spiritual journey began with her own healing, leading her to establish a center dedicated to serving others. Her path has been filled with unexpected twists and transformative experiences that have shaped her into a stronger person, helping her confront life's greatest fears.



At her center, Samskara, she offers various healing therapies, including energy healing, tarot card reading and healing, crystal healing, land-home healing, and Bach Remedies. With each opportunity that comes her way, she has grown in self-confidence, self-esteem, and motivation, bringing comfort and smiles to people's lives. This journey of healing and popularity has earned her the endearing title of the Spiritual Princess.

We welcome suggestions and comments on this article.

Share your thought @creation@barkatt.in

YOUR

ONLY



LIMIT IS



YOUR

MIND

BARKATT

E - MAGAZINE

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

Choosing

Your Spiritual Healer

The Healing Space

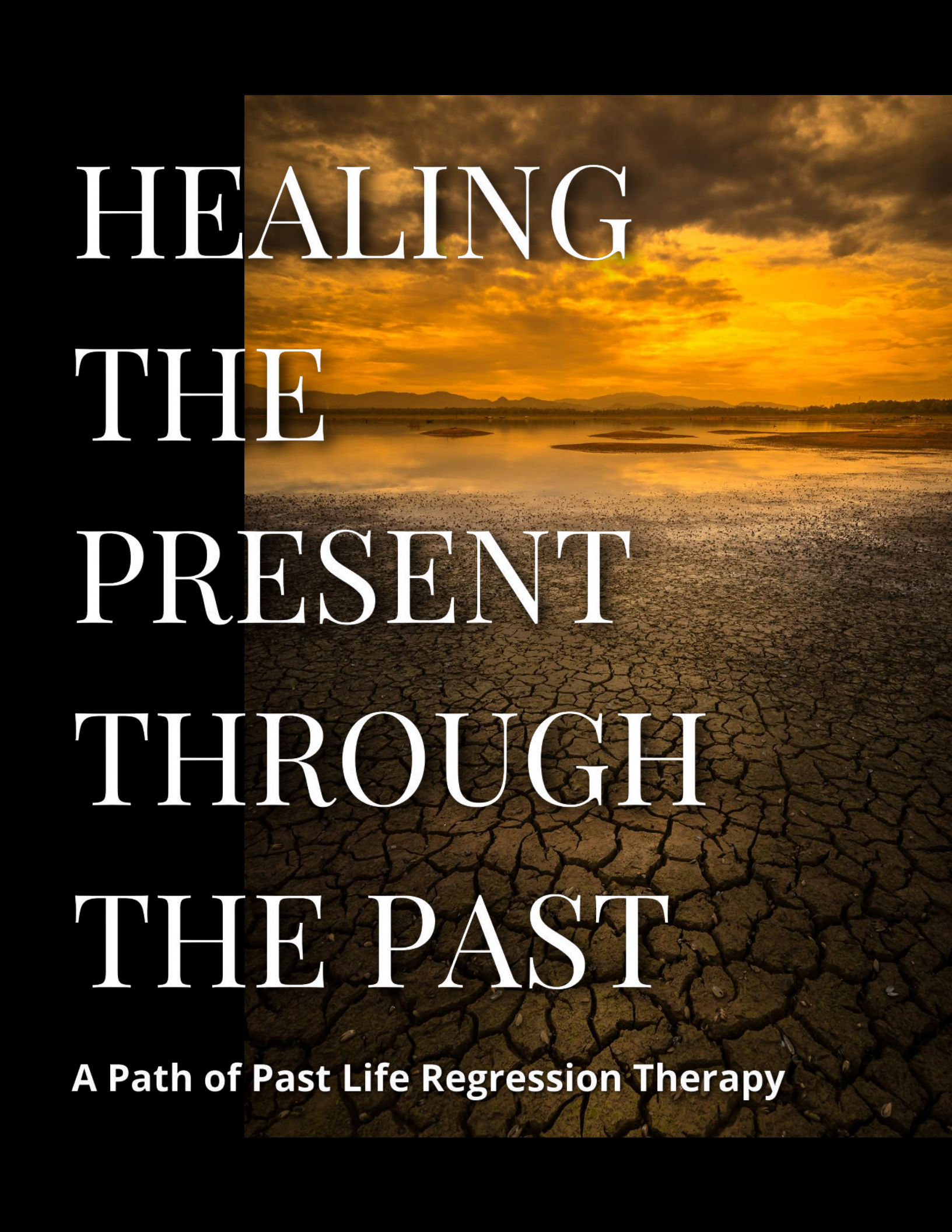
Samagraa

hypnotherapist

TO PREPARE FOR

EXAM

A traditional occult

The background image is a composite. The upper portion shows a sunset or sunrise over a body of water, with a sky filled with orange and yellow clouds. The lower portion shows a close-up of dry, cracked earth. A vertical black bar runs down the left side of the image, partially obscuring the text.

HEALING THE PRESENT THROUGH THE PAST

A Path of Past Life Regression Therapy



The concept of past life regression therapy has captured the fascination of seekers and spiritual enthusiasts in recent times. The

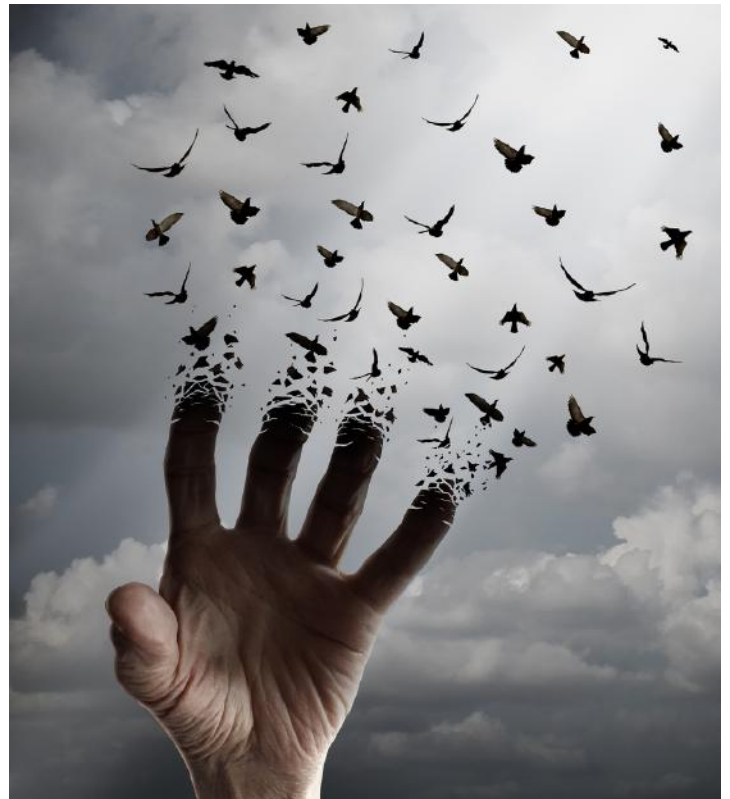
belief that our souls carry memories from past lives, influencing our present existence, has led many to explore this transformative form of hypnotherapy. Amidst the serene landscapes of self-discovery, countless individuals have experienced profound spiritual growth and mindfulness through past life regression therapy. This form of hypnotherapy delves into the subconscious, seeking to access memories and experiences from past lives.

Accepting the idea of the soul's eternal existence, past life regression therapy suggests that these memories can hold the key to understanding our present-day challenges. The process involves inducing deep relaxation through hypnosis and guiding individuals to visualize doors leading to past life memories. With the assistance of a skilled therapist, seekers delve into these experiences, seeking insights and healing from unresolved issues that may transcend lifetimes.

Through past life regression, individuals can connect with their higher self, gaining deeper insights into their life's purpose and mission.

These revelations ignite a sense of purpose and passion, propelling seekers on a profound spiritual odyssey. Past life regression therapy becomes a compass on the spiritual journey, leading individuals to recognize their spiritual path, connect with spiritual guides, and discover dormant gifts and abilities.

As seekers explore the past lives, they unlock a treasure trove of growth in various aspects of life. Personal life becomes a tapestry of understanding, enabling individuals to identify patterns that may hinder personal growth and nurture healthier relationships. In career development, past life regression may reveal untapped talents and passions, guiding seekers towards fulfilling career paths aligned with their natural aptitudes.



Walking on the path of past life regression therapy promises self-discovery and spiritual growth. Unveiling the enigma of past lives leads to healing, spiritual growth, and a deeper connection with the higher self. Seekers can start this transformative journey, exploring the depths of their souls and unearthing the radiant gem of self-awareness. Past life regression therapy offers a luminous path towards healing, spiritual growth, and a greater connection with one's higher self. Traverse the boundaries of time on the transformative journey of past life regression therapy.

Recognizing the root causes of relationship issues fosters greater understanding and empathy, paving the way for stronger, healthier bonds with loved ones.



Dr. Geetanjali SAXENA

Dr. Geetanjali Saxena, a renowned Wellness Coach with over two decades of experience, has journeyed deep into the spiritual realm of life. Raised in a family where spirituality was ingrained in their DNA, she credits her mother, Mrs. Vijayalaxmi Saxena, an esteemed astrologer, for instilling this virtue in her. Exploring her path from a young age, Dr. Geetanjali Saxena became a co-creator of her life. Astrology was her initial gateway into the spiritual world, but it was her exploration of Tarot that opened new modalities. Combining the two, she sought to offer clients comprehensive solutions. Her quest to understand the soul's inner workings led her to explore energies through Reiki. Driven by a passion for holistic sciences, she founded the Institute of Holistic Sciences.

Best PLR Therapist in Mumbai

In 2017, with divine guidance and her mother's support, Dr. Geetanjali Saxena successfully created the "Nakshatra Cards," merging Tarot and Astrology. Drawing inspiration from her spirit guides and angels, she crafted this unique deck.

Her quest to understand the soul has endowed her with profound abilities and talents, empowering her to help herself and others. Driven by passion and zeal, she believes we can all be co-creators of our destiny, ushering positive transformations in our lives. Dr. Geetanjali Saxena warmly welcomes others to join her on this wondrous journey of co-creation, where love, compassion, and passion reign supreme.

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

Kathakali

Where every movement tells an epic tale,
every expression paints a vivid emotion,
and every dancer becomes a living canvas
of India's rich cultural heritage.



वेद नाटरन

AKASHIC RECORDS

THE DIVINE BLESSING



The word Akashic comes from the Sanskrit word for Akash or sky. Has anybody seen where the sky ends? I don't think so. It is above us – infinite and endless. As humans, we are made up of five elements: air, fire, water, earth, and ether,- that is space. The Akash. It is within us and around us. So, when its everywhere

around us, what happens? It is like a GPS. It knows where you were yesterday, where you are going today. It also knows what you scroll through on your phone. Akashic records are the same.



They know about your past, present and future. It is the encyclopaedia of your lives across space and time, from the time our soul separates from its source – its creator, to today and beyond. All the births, deaths and journeys our soul has taken is recorded here. It is a vast pool of information. Every action, intention, thought – every minute detail is recorded here. And not only of this life, but of other lifetimes as well. They are based on the philosophy of karma.

You can ask any type of question here; all will be answered if your guides feel you are ready to listen. They can provide answers and solutions from the most mundane everyday life questions to some of the deepest questions.

Akashic readings were once an esoteric, sacred practice hidden from the masses. Only saints and spiritual or religious gurus could access these records. Now, it is in the reach of those who seek wisdom. It is an ancient wisdom, simple, yet profound.

The pandemic has changed the way we look at the world and our lives. Everyone has realized the importance of spiritual wellness in our lives. So now, such subjects have come into the limelight.

The akashic records contain solutions to every problem a human being faces, from global to mundane, like raising families, dealing with health-related problems and the purpose of our life.

It helps us live our lives with joy and inviting abundance in all areas of our lives. By accessing these records, new depths of self-understanding and empowerment emerge in front of us. Knowing the path and purpose of our life gives us a strong sense of direction and energy for life.

A woman had approached me for a reading. She said she felt stuck in her career, and that she was feeling lost. Once I accessed her akashic records, I found that she was a very creative person, with no medium to express her creativity. Her job at the time did not allow her to express this creativity at all, and that was why she felt stuck. Once she realized this, she left her job, and is now a published author.

So, these records allow us to see the world from a much different perspective which may be broader and deeper. It gives depth to our life. Does anyone know what happens when a person dies? Or what the purpose of our death and reincarnation is?

It is believed that the soul is a particle of God. Humans are stuck in the cycle of birth and death, which we call samsara. Our life is a part of, and will always be stuck in the material world. The soul is immortal and after death, it migrates to a new life on earth or elsewhere. Whether this life is for the better or worse compared to the previous one depends on the amount of good or evil done in one's life.

According to the Vedic scriptures, this is called the law of karma. Before the soul decides to take birth, it decides for the karmic deaths to be cleared and lessons to be learnt in the particular life time.

*The Akashic Records are
the whispers of the universe,
revealing the secrets of your
purpose and path.*



Once all of this is decided, a soul family is chosen, with whom these lessons will be learnt. Thus, the soul contracts are created. The soul itself chooses the kind of life it will live in this lifetime. This happens with the guidance of their guides, angels, and ancestors. This is called the soul's blueprint.

Binita Aamol Rege a profoundly intuitive and compassionate reader and healer hailing from the vibrant city of Mumbai. Her journey into the realms of metaphysics and spirituality began many years ago, and she has since become a seasoned explorer of esoteric knowledge and practices.

Even from a young age, she found herself captivated by Divination and Mysticism, drawn to the allure of various modalities that held secrets to greater understanding. One of her proudest achievements is her expertise in Akashic Records Readings, a practice that allows her to tap into the collective wisdom of the universe itself. With this unique skill, she offers her clients profound insights and guidance, illuminating their life's journey with clarity and purpose.

With a versatile toolkit that includes Reading Tarot, Akashic Records, and Lenormand Cards, Binita is a well-rounded practitioner, catering to the diverse needs of those who seek her counsel. Her genuine desire to assist others on their spiritual path shines through in every interaction, leaving a lasting impact on those who have the privilege of experiencing her talents.

In the bustling metropolis of Mumbai, Binita stands as a beacon of wisdom and light, touching the lives of many through her intuitive readings and healing energies. Whether you are a seeker of answers or someone on a quest for inner growth, Binita's profound insights and compassionate approach are sure to guide you towards a deeper understanding of yourself and the universe around you.

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



BINITA AAMOL REGE

Renowned Akashic
Records Expert



वेद वातरन

The man who healed Ambani

When he first finished a college in the bank where he works, he didn't believe it. Even though his healing powers were proved there and again, his name, success and fame in Bombay, he was not a believer. He was not a believer in the magic touch, as the first person to tell you he was a healer. He was not a believer in the magic touch, as the first person to tell you he was a healer.

Mohan Joshi, a teller at the State Bank of India, and a man with the healing touch, is the first person to tell you he was a healer. He was not a believer in the magic touch, as the first person to tell you he was a healer.

All he knows is whenever it is that he has a week. Most of the time, he has a week. Most of the time, he has a week.

He makes no big claims, demands nothing of anyone by way of faith, just asks that they keep an open mind. Though more than 20 years, he has been a healer.

As a matter of fact, my experience shows that healing non-believers is more pronounced than healing those with faith, laughs Joshi. This is a generalisation I know, but that's what I've seen. Perhaps it's because a person with faith has a weaker mind. A non-believer has a strong mind and a strong mind is more helpful to me. Any positive person is better.

Such positive people have included medicalists, doctors, the chairman of one of Mumbai's biggest hospitals in one of Joshi's personal, and businessmen such as Dhirubhai Ambani, people who have called upon Joshi as a last resort to be a what-have-you-got-to-lose situation.

Most of these have become Joshi's strongest advocates and he has been at the forefront of them.

Though he has cured more than 50,000 patients of various ailments including respiratory diseases, rheumatism, and other spinal problems and a few more besides, Joshi makes a very clear distinction that he is not a doctor.

I cannot diagnose diseases. Sometimes people come to me with illnesses. I have never been to a hospital. I will do what I can, but I am not a doctor.

He has succeeded where science has failed. Mohan Joshi, an ordinary bank teller from Mumbai has an extraordinary gift — he can heal with the touch. While sceptics scoff and Mohan himself can come up with no explanation for his magic touch, those who believe are many — ranging from poor mill hands to business tycoon Dhirubhai Ambani. The healer talks to KUSHALRANI GULAS about his unique power.

Perhaps that's what helps. People who've taken treatment from Joshi, say they feel calm and relaxed when he lays his hands on them. But Joshi, as he says, and says again, has no explanation for his power.

"It's for science to explain," he shrugs helplessly. "And perhaps science isn't ready to explain it. If you lived 100 years ago and someone told you that you were going to die, you would want to know something called a scientist, right? You wouldn't have believed it. The time wasn't ready for it. Now, in 1997, science still doesn't know a lot about the brain and nerves. So perhaps in 50 years' time, science can explain my power."

Joshi is a man of science himself. As a young man, he worked for a B.Sc. at college and denied all possibilities of healing by touch and other such supernatural things. "I had no faith, no religious beliefs, no faith," he says. "I was the last person to believe in such a thing."

But according to various authorities and people, his power to heal was written in the star charts. Joshi spent his childhood and youth, dismissing this common belief, regarding it as far as possible. But in 1982, when a colleague at the bank, heard talk about Joshi's mysterious and as yet unexplained power, he persuaded Joshi to try his hand at curing him of a medically inoperable and excruciatingly painful condition.

"Ever since, we've been in the record books with the star charts," recalls Joshi, laughing. "We didn't want anyone to know what we were doing. It was to tell all and people would have laughed. I didn't know what to do after that."

PROFILE: MOHAN JOSHI



person, you give confidence and still while you're doing it. It was the same with this. Now looking at what you could call their nature in me. At the beginning, I had to work at it."

His methods of winning his practice were unconventional to say the least. He sold a street market based at Wadi Baka, an area that mostly houses textile workers and mill hands, but he would hand people free if they gave him a small amount. That did it. In October 1982, Joshi found himself dealing with some 50 patients a day. And during that time, he helped of course too in 1982, then

He demands nothing of his patients by way of faith, just asks that they keep an open mind. Though even that is not essential to the healing. "In fact, my experience shows that healing non-believers is more instantaneous than healing those with faith," laughs Joshi. Perhaps it is because a person with faith has a much weaker mind. A non-believer has a strong mind and a strong mind is more helpful to me. In fact, any positive person is better.

He has a secret strike of mysterious power.



A MAN WITH MAGICAL POWERS

Mohan SADASHIV JOSHI



**HOW CAN SPIRITUAL
PRACTICES HELP YOU
OVERCOME NEGATIVE
THINKING ?**

"Your thoughts shape your reality".



In today's everyday life where challenges and uncertainties are everyday battles, it is natural for negative thoughts to creep into our minds. These thoughts can cloud our judgment, hinder our progress, and diminish our overall well-being.

It is important to understand that overcoming negative thinking may not happen overnight. Your mind needs to be trained for it. This is where spiritual practices can be very useful. Through consistent repetition of spiritual practices, we can gradually transform our thoughts and create a more positive and fulfilling life. Here I will tell you that how spiritual practices can help us overcome negative thinking and provide some useful tips and practices to incorporate into our daily lives.

Negative thinking can be deeply ingrained within us due to various factors such as past experiences, societal influences, or personal insecurities. Most of us therefore, may not even be aware that our thinking is impacting our progress adversely. By engaging in spiritual practices, we can gradually shift our mindset and develop a more positive outlook.

Here are some useful practices to get you started:

Mindfulness Meditation

One of the fundamental aspects of spiritual practices is mindfulness. Mindfulness meditation is a practice that involves focusing our attention on the present moment. It can help us become more aware of your thoughts and emotions, and develop a sense of acceptance towards them. By practicing mindfulness, you can learn to observe your negative thoughts without judgment, and eventually let them go.



How to practice mindfulness?

To practice mindfulness meditation, sit in a comfortable position with your spine straight (support it if you need to) and focus your attention on your breath. When your mind wanders, gently bring your attention back to your breath. Set aside a few minutes each day to sit in silence, focusing on your breath and observing your thoughts as they come and go. Start with just a few minutes a day and gradually increase the time as you become more comfortable with the practice. Over time, this practice will enable you to distance yourself from negative thinking and find a sense of inner peace.



Gratitude Journaling

Another powerful spiritual practice is gratitude. Gratitude shifts our focus from what is lacking in our lives to what we already have. When we actively cultivate gratitude, we rewire our brain to seek and appreciate the positive aspects of life. Take a few moments each day to reflect on the things you are grateful for, whether it is the support of loved ones, good health, or the beauty of nature. Write them down in your journal every day. By incorporating gratitude into your daily routine, you will gradually notice a shift in your thinking, allowing more positivity to enter your life. You will notice an increase your overall happiness.



How to practice gratitude journaling?

To start a gratitude journal, set aside a few minutes each day to write down three to five things you are grateful for. Follow them up with a reason why you are grateful for. They can be big or small, and can include anything from a good cup of coffee to a supportive friend. Make sure to write a list of different things every day and not repeat the same things. As you count your blessings, over time, you will begin to notice a shift in your mindset towards positivity.





Affirmations

Affirmations are another effective tool for overcoming negative thinking. Affirmations are positive statements that you repeat to yourself, reinforcing empowering beliefs and replacing negative ones. For example, if you often think, "I'm not good enough," you can replace it with an affirmation like, "I am worthy of love and success." Affirmations can help you reprogram your mind towards positive thinking and overcome negative self-talk. By repeating affirmations, you can begin to believe in your own abilities and develop a sense of self-confidence.

How to practice affirmations?

To practice affirmations, choose a positive statement that resonates with you. Repeat it to yourself several times a day, either out loud or in your head. Some examples of affirmations include "I am worthy and deserving of love" or "I am capable of achieving my goals." Additional tip: double the impact of affirmations by looking at yourself in the mirror and repeating them.

Yoga

Yoga, a holistic practice that integrates the mind, body, and spirit, can help us break free from negative thinking. Through physical postures, yoga enhances self-awareness and self-acceptance, allowing us to detach from negative thoughts. Breathing techniques, or pranayama, calm the mind and promote mental clarity. Mindfulness in yoga anchors us in the present, reducing the influence of negative thinking patterns.

By incorporating yoga into your daily routine, you develop a sense of inner peace and calm, which can be helpful in overcoming negative thoughts, cultivating a positive mindset and transforming your lives.

How to practice yoga?

To start a yoga practice, find a class or video that resonates with you. Start with simple poses and gradually work your way up to more advanced poses. Focus on your breath and your body sensations as you practice, and allow yourself to let go of negative thoughts.



In addition to these practices, engaging in activities that nourish your soul can also help overcome negative thinking. Whether it is spending time in nature, reading spiritual literature, or engaging in creative pursuits, find what resonates with you and brings you joy. These activities help shift your focus away from negative thoughts and connect you to a higher source of inspiration and positivity.

Spiritual practices can be a powerful tool in overcoming negative thinking. Through consistent repetition of spiritual practices, we can gradually transform our thoughts and overcome this negativity. Mindfulness, gratitude, affirmations, and engaging in soul-nourishing activities are powerful tools to cultivate a positive mindset. Remember, it is a journey that requires patience and dedication, but the rewards are immeasurable.

As you begin journey, trust in your ability to change your thoughts, and know that a more positive and fulfilling life awaits you. Watch as your negative thinking fades away, making room for a brighter future.



Just as flowers turn towards the sun for nourishment, engage in activities that feed your soul. Whether it's the embrace of nature, the wisdom of spiritual texts, or the strokes of creativity, these practices will guide you away from negativity and towards a brighter light.



Soma

Chatterjee

Soma's journey into healing and spirituality started during her high-flying corporate marketing career, where she experienced numerous health issues due to work stress. It was her mother's cancer that prompted her to learn Reiki to improve their health.

Soma Chatterjee, founder of Inner Wisdom Light, a Reiki Grandmaster, and accomplished energy healer and trainer. Alongside her healing and training expertise, Soma is also a Happiness Coach, Meditation Trainer, and Tarot reader.

This decision not only helped her family heal but also changed her life for the better. Soma then trained in various spiritual modalities and decided to turn her passion into a profession by launching Inner Wisdom Light during the pandemic. Through Inner Wisdom Light, Soma is committed to empowering people with the knowledge and tools to heal naturally, strengthen their inner awareness, and live a purposeful life. She firmly believes in spreading positivity and happiness, considering a smile to be more infectious than any virus.

We welcome suggestions and comments on this article.
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वृथा वृष्टिः समुद्रेषु वृथा तृप्तस्य भोजनम् ।
वृथा दानं समर्थस्य वृथा दीपो दिवापि च ॥

समुद्र में होने वाली वर्षा व्यर्थ है. जिसका पेट भरा हुआ है उसके लिए अन्न व्यर्थ है.
पैसे वाले आदमी के लिए भेट वस्तु का कोई अर्थ नहीं. दिन के समय जलता दिया व्यर्थ है.

*Rain which falls upon the sea is useless; so is food for one who is satiated;
in vain is a gift for one who is wealthy; and a burning lamp during the daytime is useless.*



LET'S
HEAR
A TALE



WHISPERS OF THE ANCESTORS

A Journey of Family Constellation



Once upon a time, in a small village nestled amidst lush greenery, there lived a family facing an unexplained sorrow that seemed to shroud them like a heavy fog. The village was known for its strong sense of community, but this

family, in particular, seemed to carry a burden that no one could understand. The eldest member of the family, Grandma Amelia, often spoke of a long-forgotten tragedy that had befallen their ancestors many years ago. One evening, as the sun dipped below the horizon, casting a warm glow over the village, the family gathered around the crackling fire in Grandma Amelia's humble cottage.

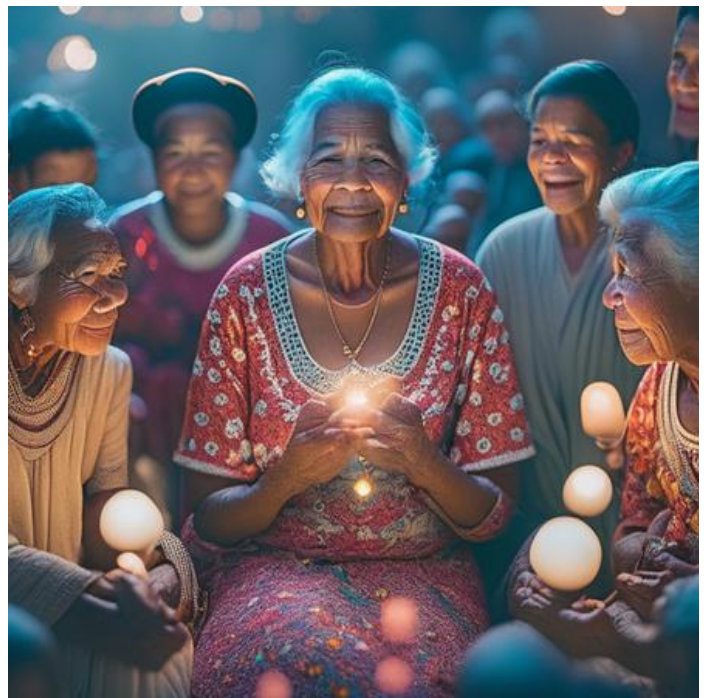
They hoped that her wise words might shed light on their family's inexplicable pain. With a gentle smile, she beckoned them to sit in a circle, for she knew the ancient art of family constellation.

As she began to tell their family's story, she invited them to close their eyes and imagine a beautiful tapestry woven with threads of love, joy, and sorrow.

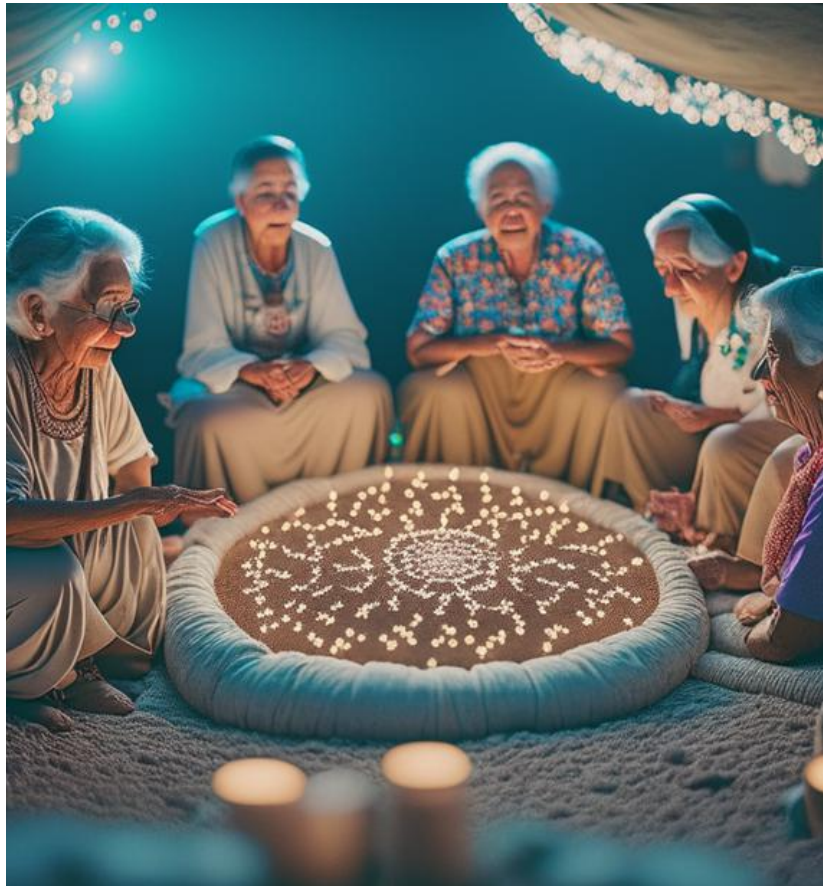


"Every thread in this tapestry represents a family member, both living and departed," she whispered, her voice carrying the wisdom of ages. "Each thread is connected, and their entwined journey forms the fabric of our family's story."

One by one, she asked the family members to step forward and represent their ancestors, who had long passed from this world but whose spirits continued to shape their lives. A young woman with her grandmother's eyes stood tall as she became the vessel for her great-grandmother, whose life had been cut short by a tragic accident. A young man stepped up to embody his uncle, who had died at a young age, leaving behind a legacy of unfulfilled dreams.



**IN THE TAPESTRY
OF LIFE, EACH
THREAD OF
HEALING WE
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CONNECTION WE
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BRIGHTER, MORE
HARMONIOUS
WORLD.**



With each heartfelt exchange, the tapestry of their family's story began to transform. The threads of sorrow began to unravel, making way for threads of understanding and compassion to take their place. They felt a newfound sense of unity and strength, recognizing that they were not alone in their struggles.

As the family witnessed these revelations, tears flowed freely, and a profound sense of connection washed over them. Grandma Amelia assured them that acknowledging and embracing their ancestors' pain was not a burden but an opportunity for healing. She encouraged them to exchange words of love and forgiveness with the representatives, releasing the emotional burdens that had bound them for so long.

As the family stood in their positions, Grandma Amelia gently guided them to observe the subtle shifts in their emotions and energy. The constellation began to reveal hidden patterns and entanglements that had been passed down through generations. An unspoken grief from an ancestor who had experienced loss echoed through the family's collective soul, influencing their choices and relationships.

As they continued to weave their family's tapestry, they understood that the family constellation lay not only in understanding their past but also in shaping a brighter future. And so, the family's tale of healing and transformation became a beacon of hope for others in the village. They shared their experience with neighboring families, igniting a ripple of healing that spread far and wide.



Family is where the heart finds its home, and the bonds we share are the threads that weave our story of love and belonging.

In the weeks that followed, the family noticed remarkable changes within themselves and their relationships. Communication flowed more freely, and old wounds began to heal. They found solace in the knowledge that their ancestors' experiences were not forgotten but honored in their hearts.

The family constellation became a cherished tradition, passed down through generations, ensuring that their ancestors' stories remained alive in their hearts.

The art of family constellation became a treasured tradition, reminding everyone that the threads of their stories were forever intertwined, and healing began with embracing their shared journey. In this small village, the art of family constellation became a source of strength and unity, proving that the past need not dictate the future. And as they continued to gather around the fire, they knew that their family's tapestry would forever be woven with threads of love, resilience, and the wisdom of generations past.

DR. SHOMA JAIN

Family Constellation Facilitator

Dr. Shoma Jain, a distinguished psychic healer, tarot reader, clinical hypnotherapist, and family constellation facilitator, whose passion for healing has touched the lives of many. Nestled in the heart of Gurgaon, she has dedicated her life to assisting individuals in conquering emotional and psychological barriers, leading them to a state of profound inner peace and happiness. Dr. Shoma Jain's profound knowledge and vast experience in the realm of psychic healing have been instrumental in guiding countless individuals towards clarity and purpose. Her innate ability to connect with people on a profound level allows her to comprehend their unique struggles and needs. The power of tarot cards is harnessed by this skilled tarot reader, allowing her to provide personalized insights and guidance to her clients, thanks to her intuitive understanding of the cards' symbolism and meanings.

Delving even deeper, Dr. Shoma Jain is a certified regression clinical hypnotherapist, utilizing this potent technique to access the subconscious mind and address deep-rooted emotional and psychological issues. As a trained family constellation facilitator,

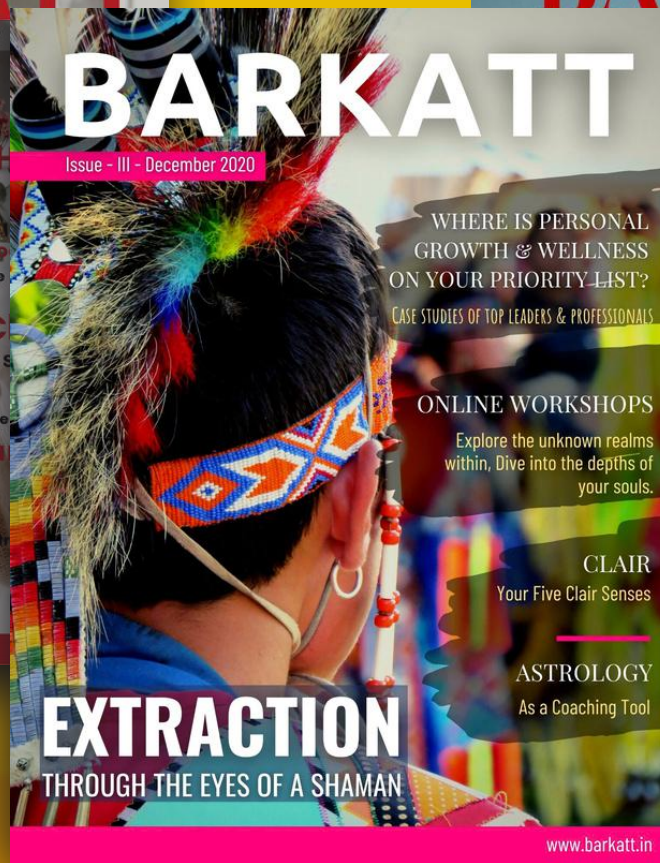


she helps individuals unveil and resolve concealed family dynamics that may be hindering emotional growth or progress in life. With her unwavering compassion and exceptional skills, Dr. Shoma Jain stands as an invaluable asset to the healing community in Gurgaon and beyond, empowering individuals to lead their lives to the fullest.

We welcome suggestions and comments on this article.
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"Every tree we plant is a gift to the future, a legacy of shade, oxygen, and the beauty of growth."



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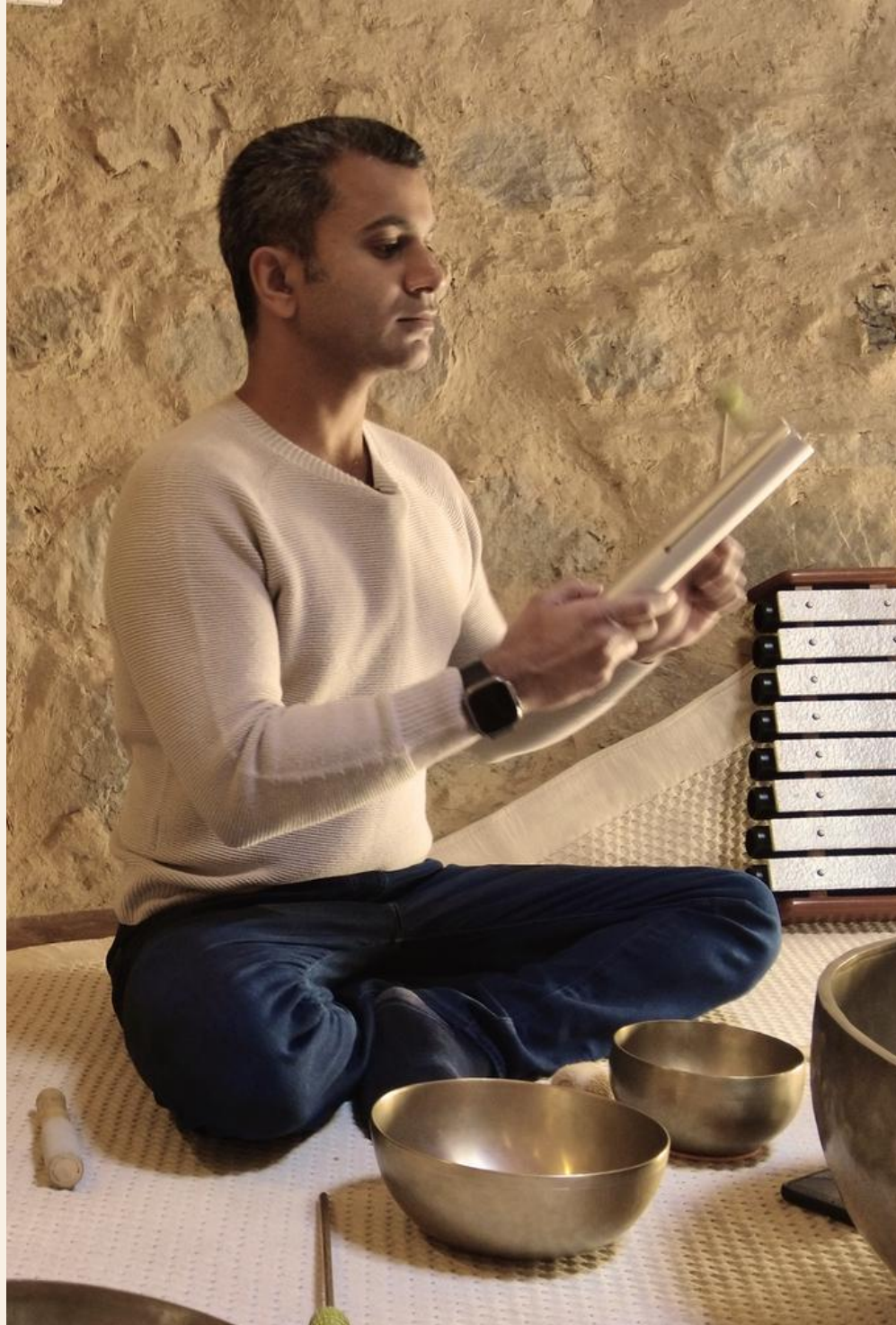
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A TRANSFORMATIONAL GUIDE

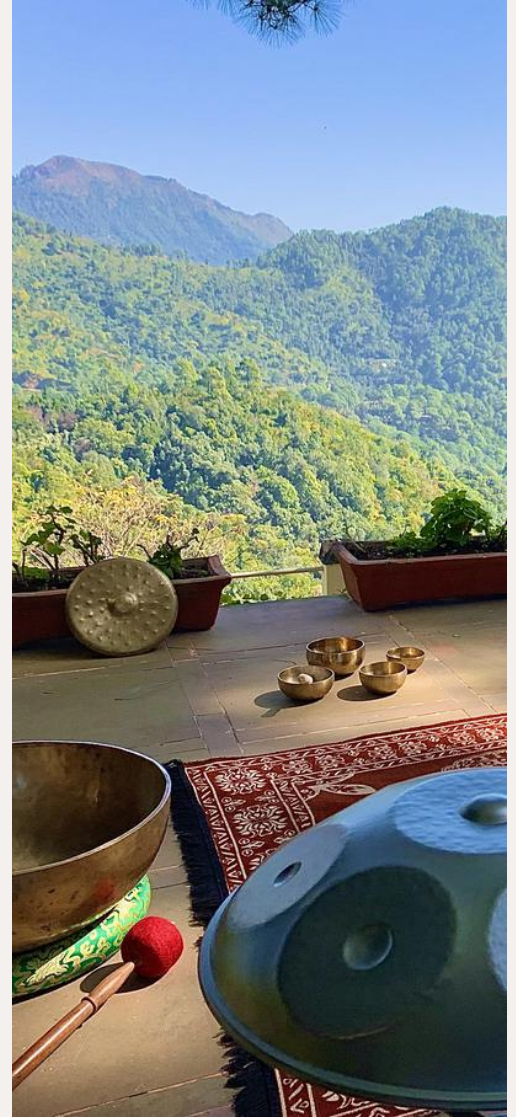
ADNAN (ADI)VAHANVATY



Forgive Trust Reconnect

Adnan is a multifaceted individual who has dedicated his life to exploring and sharing different aspects of spiritual and sustainable living. He founded HEAL FARM, a spiritually oriented permaculture farm in the Himalayan foothills, where he combines his expertise in permaculture, meditation, sound healing, and nature living to create a unique and transformative experience.

"The person is body, mind and soul!"



As a meditation guide, Adnan uses his knowledge and skills to help people find inner peace, balance, and harmony.

His approach is holistic, and he draws on different modalities, including sound healing, to create a safe and supportive environment for his clients. Through his sound healing sessions, Adnan aims to help people release stress, anxiety, and negative emotions and connect with their inner selves.

In addition to his work as a meditation guide and sound healer, Adnan is also a life coach and energy worker. He uses modalities like deep sensing and subtle communication to help people open up to new possibilities and discover their true potential.

"Get ready to challenge what you know about yourself!"



Life Coaching

Sound Healing

Energy Work

Meditation

Improve your balance

Adnan's passion for exploration and learning has led him to travel and study different cultures and spiritual practices. He is a philosopher at heart and is always seeking something new to learn and share with others. Adnan is also a social entrepreneur and nature conservationist, and his work at HEAL FARM reflects his commitment to creating a sustainable and regenerative future for all.

Through his various roles as a sound healer, meditation guide, life coach, and energy worker, Adnan is dedicated to helping people achieve personal and spiritual growth. His work is grounded in a deep reverence for nature and a belief in the power of sound and other healing modalities to create positive change in the world.



Adnan (Adi) Vahanvaty

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"I trust in my abilities
and know that I have
the strength to
overcome any
obstacles."

A full-length portrait of Dr. Megha Goel, a woman with dark hair, wearing a dark blue saree with white and red geometric patterns. She is standing against a dark blue background. She is wearing a black watch on her left wrist and a small brown handbag with a gold chain. She is smiling slightly.

Dr. Megha Goel

*The Multifaceted Soul
Healer and Guiding Light*

WINNER OF THE
GOLDEN BOOK OF
HEALERS 2019

WINNER OF NATIONAL
ACHIEVER'S AWARD 2022

WINNER OF JYOTISH
PRANGAN URJA AWARD 2023

Astrology is the language of the cosmos whispers the story of our journey, unveiling the mysteries of who we are and the constellations of our potential.



A renowned Tarot Reader, Numerologist, Astrologer, Pranic Healer and Vastu Consultant, Dr. Meghaa has journeyed far and wide to empower others and find her purpose in serving humanity. Her journey to the realm of cosmic healing began at a tender age of 5-6 years, as dreams of Goddess

Durga set her on a path of discovering life's hidden secrets. Certified in Past Life Regression, Vedic Astrology, Numerology, Tarotology, Mokshapata, Vastu Consultation, Pranic Healing, Spirit Mediumship, Automatic Writing, Homa Therapy, and Angelic Healing, she draws from this vast pool of knowledge to empower those seeking solace and clarity. Passionate about igniting souls with newfound awareness, Dr. Megha Goel conducts workshops and online sessions, leading others on a shared journey of self-discovery and personal growth.



In addition to her spiritual endeavors, Dr. Megha Goel has founded the NGO "Khushiyan," a platform through which she extends her heart and support to the underprivileged, schools, and the elderly.



Within the ancient dance of celestial bodies, astrology rituals unfold, connecting us to the rhythm of the universe and the tapestry of our own lives.

Under her visionary leadership, "DIVINE SOULSS" serves as a sanctuary where souls receive their essence, transcending the limitations of body, mind, and emotions. Here, Dr. Megha Goel crafts exclusive rituals, blending healing frequencies, channeling, magical herbs, spells, chants, and miracle healing, catering to each client's unique needs.

As the journey unfolds, Dr. Megha Goel's vision remains unwavering - to touch every heart with happiness and lead souls on transformative paths. Her dedication, hard work, and unwavering passion continue to inspire and create a profound impact on those she touches.

In the cosmic tapestry of life, Dr. Megha Goel stands as a beacon of light, illuminating paths towards clarity, healing, and self-discovery. Her compassionate soul and profound wisdom continue to uplift hearts and guide souls towards inner peace and happiness. With every step she takes, she reaffirms her commitment to the timeless mission of healing and spiritual empowerment.





THE AWARD GOES TO...



**IN THE
TAPESTRY OF
LIFE, EVERY
SOUL IS A
UNIQUE
THREAD, AND
MY PURPOSE IS
TO HELP EACH
THREAD SHINE
BRIGHTER
WITH HEALING,
GUIDANCE, AND
BOUNDLESS
HAPPINESS.**

Dr. Megha Goel

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THE IMPACT OF NUTRITIONAL CHOICES ON LIFESTYLE DISORDERS

such as Thyroid, PCOD/PCOS,
Cardiovascular Disease, and Diabetes





Our dietary choices play a significant role in shaping our health and well-being. For individuals with lifestyle disorders such as thyroid issues, PCOD/PCOS, cardiovascular disease (CVD), and diabetes, nutrition becomes even more crucial.



Proper dietary management can help manage symptoms, improve quality of life, and even prevent complications.

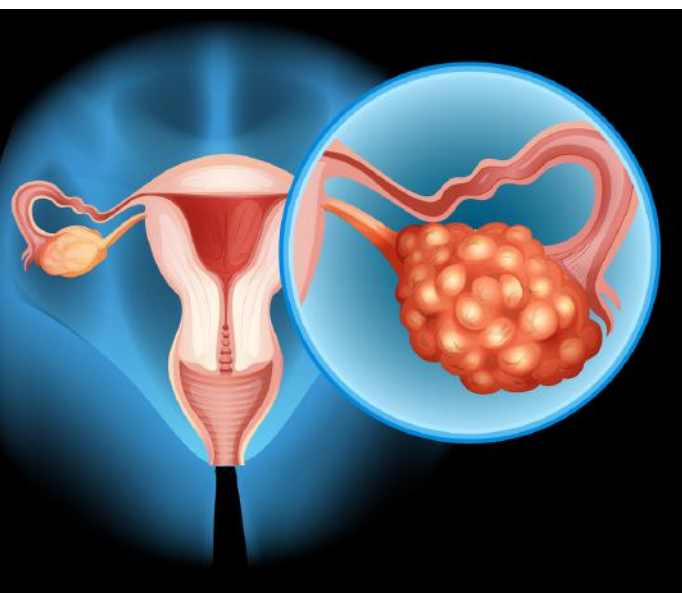
Here the certified Nutritionist Jyoti Rana is explaining the effects of nutrition on these conditions and provide valuable insights into making informed food choices



THYROID AND *Nutrition*

Thyroid disorders, such as hypothyroidism and hyperthyroidism, can impact metabolism, energy levels, and overall health. Incorporating certain nutrients into the diet can support thyroid function. Iodine, found in foods like seaweed, dairy, and iodized salt, is essential for thyroid hormone production. Selenium-rich foods like Brazil nuts, eggs, and lean meats also contribute to thyroid health.

Recommendation: Cruciferous vegetables, like broccoli and cabbage, contain compounds that can interfere with thyroid function when consumed in excess. Individuals with thyroid disorders should consult a nutritionist to strike the right balance in their diet and avoid potential interactions with medications.



PCOD/PCOS AND *Nutrition*

Polycystic Ovary Syndrome (PCOS) is a hormonal disorder that affects women, often leading to irregular periods, infertility, and other health concerns. Nutrition plays a key role in managing PCOS symptoms. Foods with a low glycemic index, such as whole grains, legumes, and vegetables, can help regulate blood sugar levels. Healthy fats from sources like avocados, nuts, and olive oil can also support hormone balance.

Recommendation: Limiting processed foods, sugary snacks, and excess dairy may aid in managing PCOS symptoms. Weight management through a balanced diet and regular exercise is crucial, as excess weight can exacerbate PCOS-related issues.

CARDIOVASCULAR DISEASE (CVD) AND Nutrition



Cardiovascular disease, including conditions like hypertension and heart disease, can often be managed and prevented through a heart-healthy diet. Emphasizing fruits, vegetables, whole grains, lean proteins, and healthy fats like omega-3 fatty acids (found in fatty fish and flaxseeds) can support heart health.

Recommendation: Limiting saturated and trans fats, sodium, and refined sugars can reduce the risk of CVD. Monitoring cholesterol levels and incorporating soluble Fiber from foods like oats, beans, and fruits can also contribute to heart health.



DIABETES AND Nutrition

Diabetes is a condition characterized by high blood sugar levels. Nutrition plays a central role in diabetes management. Carbohydrate counting, portion control, and mindful eating are key strategies. Choosing complex carbohydrates like whole grains, vegetables, and legumes over refined carbs can help stabilize blood sugar levels.

Recommendation: Fiber-rich foods slow down glucose absorption, promoting better blood sugar control. Lean proteins, healthy fats, and regular meals/snacks can contribute to balanced blood sugar levels throughout the day.

N

utrition plays a critical role in managing lifestyle disorders like thyroid issues, PCOD/PCOS, cardiovascular disease, and diabetes.

MAKING INFORMED FOOD CHOICES AND WORKING WITH A NUTRITIONIST CAN MOTIVATE INDIVIDUALS TO TAKE CONTROL OF THEIR HEALTH AND LEAD A HEALTHIER AND MORE FULFILLING LIFE.



Meet Jyoti Rana

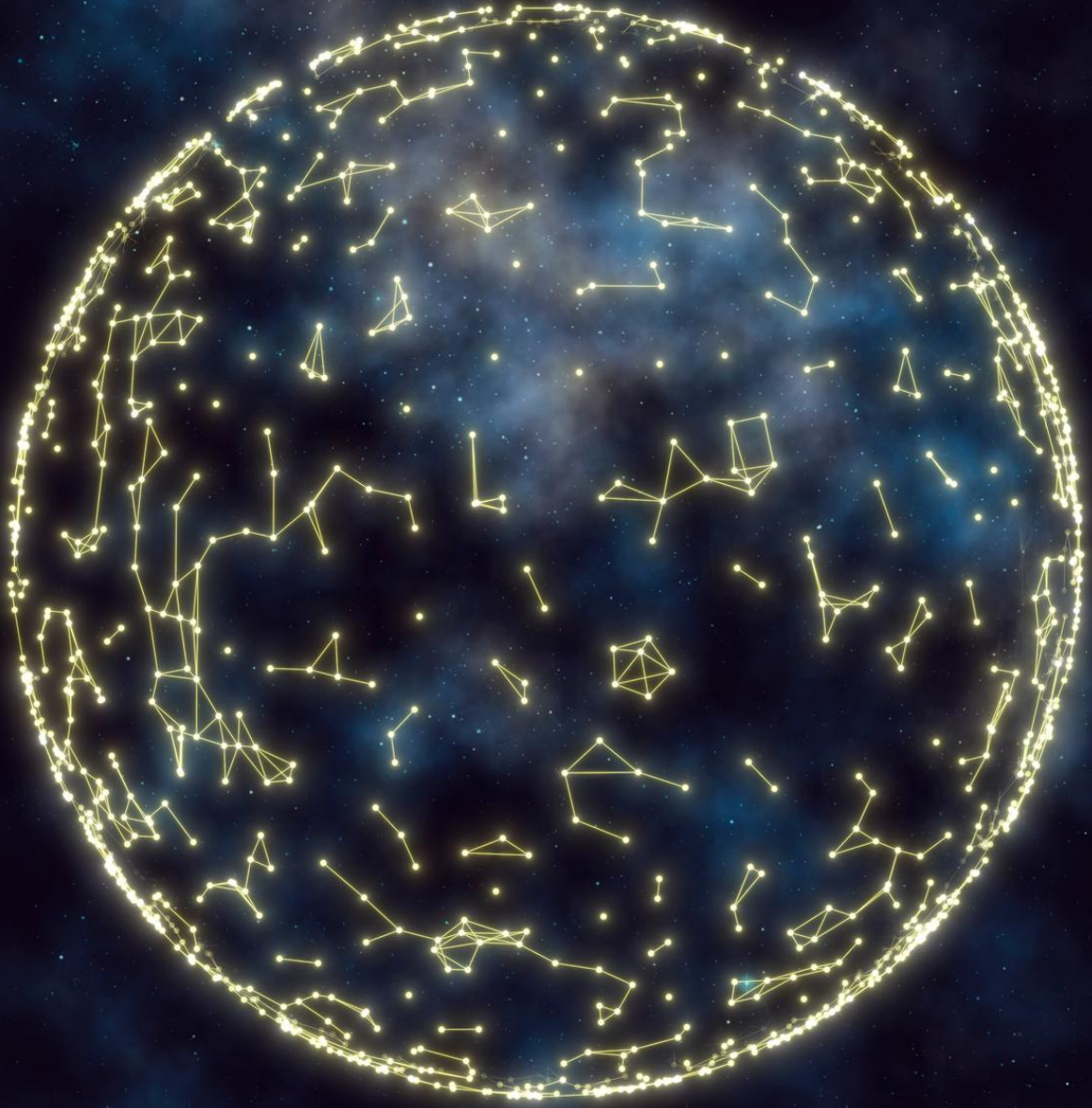


A dedicated Certified Clinical Nutritionist, passionate about helping you achieve your health goals. With extensive training and qualifications, she offers personalized nutrition plans based on evidence-based practices. Whether it is weight management or addressing lifestyle disorders, Jyoti's approach is tailored to your unique needs. Start your journey to a healthier life with Jyoti Rana.

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

"The quieter you
become, the more you
can hear."





आधुनिक समय में ज्योतिष
की इतनी लोकप्रियता क्यों?

ज्योतिष एक प्राचीन पद्धति, जो मानव लक्षणों को समझने और भविष्य की घटनाओं की भविष्यवाणी करने के लिए आकाशीय गतिविधियों की व्याख्या करती है। समकालीन समाज में, विविध पृष्ठभूमि के लोग इसके रहस्य और आकर्षण से मोहित हो गए हैं। इस लेख का उद्देश्य आज की संस्कृति में इसकी बढ़ती प्रमुखता पर प्रकाश डालना है।



तेजी से जटिल और अनिश्चित दुनिया में, व्यक्ति अक्सर अपने जीवन में गहरे अर्थ और उद्देश्य की तलाश में रहते हैं। ज्योतिष एक रूपरेखा प्रदान करता है जो जीवन के अनुभवों को समझने, अद्वितीय लक्षणों को समझने और व्यक्तिगत पूर्ति के लिए संभावित मार्गों की खोज करने में सहायता करता है। ज्योतिष के माध्यम से, ब्रह्मांडीय अंतर्संबंध की भावना विकसित की जाती है, जो उन लोगों को आकर्षित करती है जो विशाल ब्रह्मांड में अपने स्थान की गहन समझ के लिए तरसते हैं।

व्यक्तिवाद और आत्म-खोज की खोज द्वारा परिभाषित युग में, ज्योतिष आत्म-अन्वेषण और आत्म-पहचान के लिए एक मूल्यवान उपकरण के रूप में कार्य करता है। जन्म कुंडली और ज्योतिषीय प्रोफाइल की जांच के माध्यम से, व्यक्तियों को उनकी मूल विशेषताओं, प्रेरणाओं और संभावित जीवन प्रक्षेपवक्र में अमूल्य अंतर्दृष्टि प्राप्त होती है। आत्मनिरीक्षण की यह प्रक्रिया स्वयं के साथ गहरे संबंध को बढ़ावा देती है और व्यक्तिगत विकास को बढ़ावा देती है, जिससे ज्योतिष आत्म-जागरूकता चाहने वालों के लिए एक आकर्षक अवसर बन जाता है।

ज्योतिष शास्त्र के अत्यधिक ध्यान आकर्षित करने का एक प्रमुख कारण इसका अनुकूलता विश्लेषण है। कई व्यक्ति अपने रिश्तों के बारे में जानकारी पाने के लिए ज्योतिष की ओर रुख करते हैं, चाहे वह पारिवारिक या पेशेवर हो। ज्योतिषीय संगतता चार्ट और अंतर्दृष्टि एक अद्वितीय परिप्रेक्ष्य प्रदान करते हैं जो लोगों को व्यक्तियों के बीच की गतिशीलता को बेहतर ढंग से समझने, बेहतर संचार, सहानुभूति और सामंजस्यपूर्ण संबंधों को बढ़ावा देने में सक्षम बनाता है।

कल्याण और आत्म-देखभाल का उदय ज्योतिष की लोकप्रियता के पीछे एक प्रेरक शक्ति रहा है। कल्याण के लिए समग्र दृष्टिकोण के हिस्से के रूप में, ज्योतिष ध्यान, mindfulness और Crystal Healing जैसी प्रथाओं के साथ सहजता से एकीकृत है। अनगिनत व्यक्तियों के लिए, ज्योतिष आत्म-सशक्तिकरण, मार्गदर्शन और भावनात्मक समर्थन, संतुलन, सद्भाव और ब्रह्मांड के साथ संरेखण की भावना पैदा करने का एक शक्तिशाली उपकरण बन जाता है।

आधुनिक समाज ने विविध विश्वास प्रणालियों और वैकल्पिक आध्यात्मिकता को अपनाने की दिशा में एक महत्वपूर्ण बदलाव देखा है। प्राचीन ज्ञान और रहस्यमय आकर्षण में निहित, ज्योतिष इस व्यापक प्रवृत्ति के साथ पूरी तरह से मेल खाता है। जैसे-जैसे पारंपरिक धार्मिक जुड़ाव कम हो रहे हैं, लोग तेजी से आध्यात्मिक संबंधों और वैकल्पिक ढाँचों की ओर आकर्षित हो रहे हैं जो उनके व्यक्तिगत अनुभवों से मेल खाते हैं। ज्योतिष की गैर-हठधर्मी प्रकृति व्यक्तिगत व्याख्या और अनुकूलन की अनुमति देती है, जो इसे विशेष रूप से उन लोगों के लिए आकर्षक बनाती है जो अपनी मान्यताओं में व्यक्तिगत एजेंसी और स्वायत्तता को महत्व देते हैं।

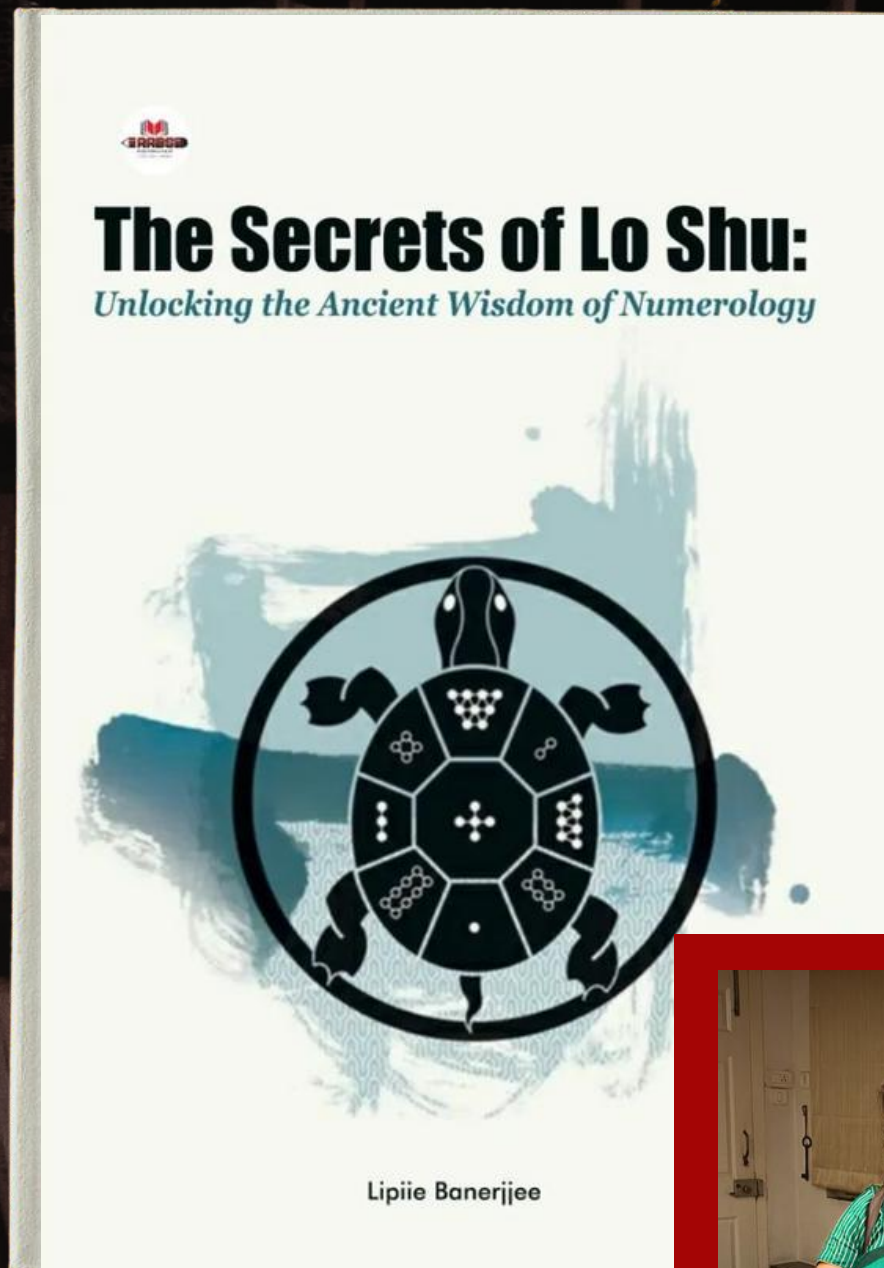


ज्योतिष विज्ञान, चमकदार तारों के नजरिए से जीवन के रहस्यों का पर्दाफाश करता है। अपनी प्राचीनता और विशाल ज्ञान से, यह आकर्षण से भरी विद्या मनुष्यों के अच्छे-बुरे समय के सूत्रधार बन जाती है। ज्योतिष की महत्वपूर्ण विधाएं एवं उनका आधुनिक समय के साथ समंवय ज्ञानीय रूप से जीवन के प्रत्येक पहलू को रोशन करती हैं।

आधुनिक समय में ज्योतिष की बढ़ती लोकप्रियता का श्रेय कई कारकों को दिया जा सकता है। बढ़ती डिजिटल और खंडित दुनिया में अर्थ प्रदान करने, आत्म-अन्वेषण को प्रोत्साहित करने और संबंधों को बढ़ावा देने की इसकी क्षमता जीवन के सभी क्षेत्रों के लोगों को प्रभावित करती है। डिजिटल मीडिया के माध्यम से ज्योतिषीय जानकारी की पहुंच, इसकी अनुकूलता विश्लेषण, कल्याण प्रवृत्तियों के साथ तालमेल, और बदलती सांस्कृतिक मान्यताओं के साथ सामंजस्य, ये सभी ज्योतिष की व्यापक अपील में योगदान करते हैं। जैसे-जैसे ज्योतिष विकसित हो रहा है और समसामयिक आवश्यकताओं के अनुरूप ढल रहा है, यह अपने समर्पित अनुयायियों को मार्गदर्शन, सात्वता और लौकिक संबंध की गहरी भावना प्रदान करते हुए टिकने के लिए बाध्य है। ज्योतिष को एक मार्गदर्शक शक्ति के रूप में अपनाते हुए, व्यक्ति स्वयं की खोज की यात्रा पर निकलते हैं, अपने और ब्रह्मांड के भीतर सामंजस्य की तलाश करते हैं।

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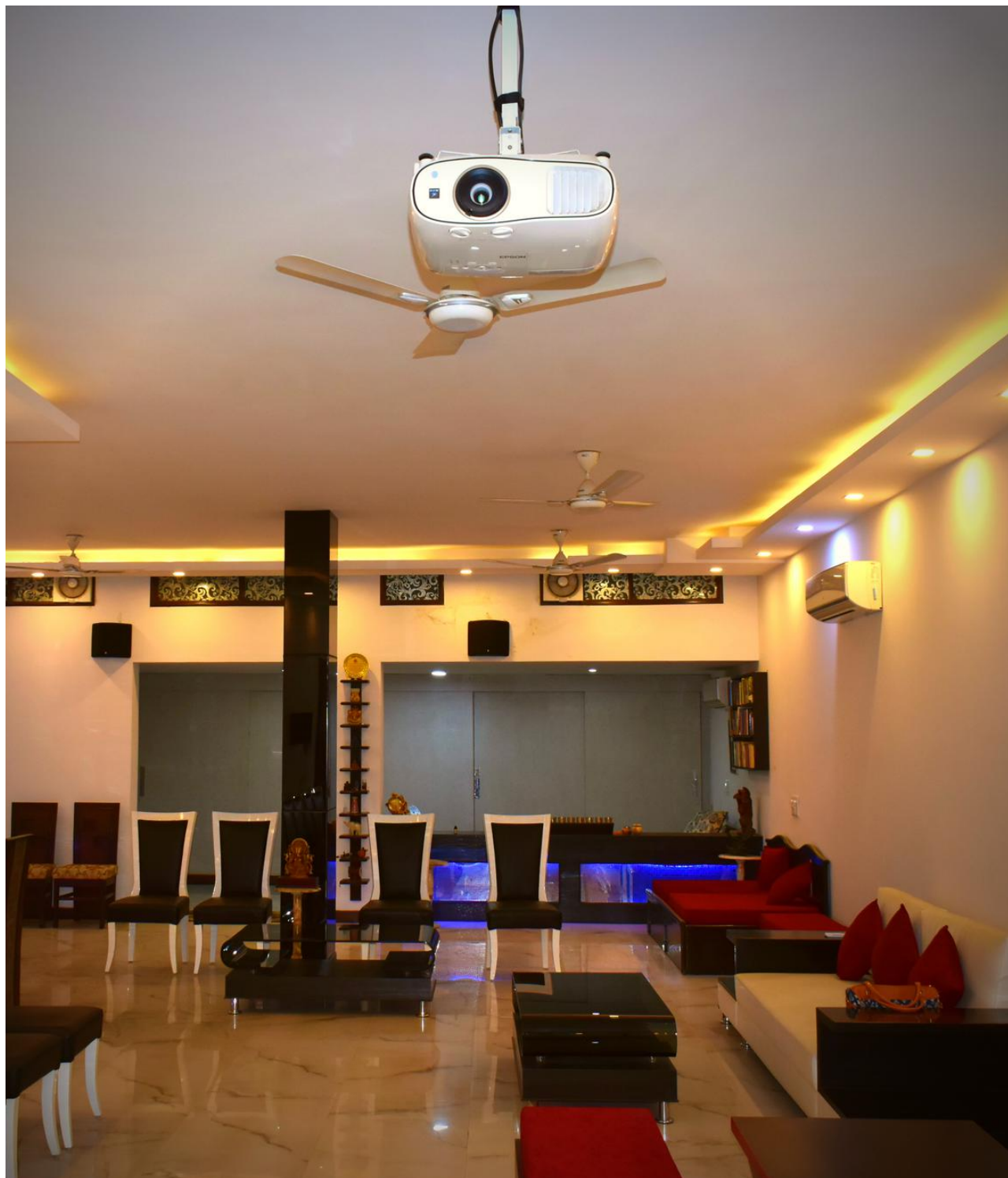


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VIMAL ANAND GUPTA

**Founder, Healing
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Mr. Vimal Anand Gupta is a certified clinical hypnotherapist and Regression therapist. He has also mastered the skill of Life between Life therapy, Theta Healing, Spirit Release therapy, Soul Retrieval, Aura cleansing, Crystal Healing, Energy chakra healing, Mind-body balancing, Emotional Release therapy, Transpersonal healing, Inner child work, Core-issue resolution, balancing Energy Vastu and releasing Geo-pathic stress. His core competency is to facilitate holistic healing by integrating and using various Therapeutic tools during Healing sessions. He has learnt these techniques from Internationally renowned Therapists and Healers.

He is doing healing work for the last 14 years and large number of people have benefitted and experienced a positive transformation in their lives. Mr. Vimal Anand Gupta has done M.A., M. Phil. in Political Science from Punjab University, Chandigarh. He passed Indian Civil Services exam in 1985 and started his professional career as Asstt. Commissioner of Police in Delhi police in 1986.

With experience and meritorious service, his career progressed and he is now Retd. Jt. Commissioner of Police in I.P.S. cadre (UT) in Delhi. As an acknowledgement of his dedicated services, he was awarded Presidential Police Medal for meritorious service in the year 2013.

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