

JAN. 2024

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THE SPIRIT'S QUEST

The journey of spiritual exploration and enlightenment

Barkatt Magazine

Evolution of Bach
Flower Therapy &
Floral Alchemy™

PREDICTIONS 2024

A year filled with
prosperity and happiness.

DEALING WITH
LIFE'S CHALLENGES?

Discover answers
within the magazine.

Yogic Healing
A tale to be told...



Exclusive

*Unmasking
the Mystery
of Sudden
Cardiac
Death*

Introducing

PAYAL VANI

The guiding light in the world of life coaching

A close-up photograph of two hands holding and lighting two sparklers. The sparklers are in the center, with bright orange and yellow sparks erupting from their tips. The background is a dark, out-of-focus night sky with a warm, golden light source on the right, creating a bokeh effect with soft, glowing circles of light. The overall mood is festive and celebratory.

Happy
New year

May all your wishes come true in 2024!

A decorative border in a light beige color frames the entire page. It features a repeating pattern of stylized flowers, swirls, and star-like motifs. The border is thicker at the top and bottom, tapering slightly on the sides.

New Year's Resolutions

2024

I will start

I will stop

I will learn

I will change

I will visit

NEXT MONTH
GOALS

HEALTH IS
WEALTH

EAT
MORE
GREENS

LOVE LIFE

BE FEARLESSLY AUTHENTIC

FEEL THE MOMENTS

CHERISH FAMILY
PHOTOGRAPHS

STAY POSITIVE
AND HAPPY

SELF AWARENESS

BE CURIOUS

NO REGRETS

USE LESS PLASTIC

THE MORE WE TALK, THE MORE
WE UNDERSTAND

DON'T KILL THE
FIDDLE FIG

Editor's Note

BARKATT MAGAZINE



Dear Reader,

Wish you a very happy and prosperous new year 2024!

We are super excited to share the 5th issue of Barkatt E-Magazine "The Spirit's Quest".

We want you to take care of your health and we will take care of your soul. . .

In this issue, you will understand what the major causes of Sudden Cardiac Death are and how you can manage the Sudden Cardiac Arrest situation. Then we will move forward to take care of our souls through the rhythmic tranquility of tongue drums. Once our minds settle down with the magical sound, we will learn about the balance, vitality, and cosmic connection of Yogic Healing.

We also have something for our anxious readers who are always interested in knowing about the future. The predictions for 2024 are right here.

We all know that not all problems can be rectified only through medicine or healing. Here, natural plants and flowers play a major role. In this issue, you will understand how these beautiful flowers can help us address our physical and emotional issues in a very subtle way. Once we acknowledge our emotional and physical issues, we will move ahead. Here, you will meet someone who is very much known as a demon, whom we don't want to be associated with. But now, here is the BIG Question: Are you ready to acknowledge the demon within you? Think about it...

Let's move further to the Cosmic Makeover and understand how Astro Vastu transforms your work spaces and energies. As we go on, we will reach Kintsugi Wellness, a perfect place for people who are struggling with any mental and emotional challenges within themselves or their families.

The new year has come along with the new moon. The new moon will arise on January 11, 2024. Let's see what this new moon is bringing for all the zodiac signs. No need to panic if the new moon reading doesn't align with your expectations because next, you are going to receive Reiki healing from one of the best Reiki healers to realign everything with the cosmic energy.

It's time for lights, laughter, and balloons because being a grown-up doesn't mean you can't feel like a kid again!

Last but certainly not the least, we hope you hold onto and cherish the precious memories of childhood spent with grandparents.

Our goal is not only to share knowledge but also 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!

Huma Parveen

Huma Parveen

Devanshu Parashar

Devanshu Parashar



TONGUE DRUM

**"Do things at
your own pace.
Life's not a race."**



Tongue Drums – musical instruments made for soothing rhythms. Crafted with care from quality metals, they bring relaxation and creativity together in a harmonious melody.

Available at the lowest price, Purchase your favorite Tongue Drum effortlessly!

For any questions or queries, reach out to us at creation@barkatt.in.





DAILY REMINDER

NEVER
STOP
CHASING
YOUR
DREAMS.

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Pattachitra Art

Pattachitra Art

Pattachitra Art, a beautiful traditional painting style from Odisha, India. Immerse yourself in the magic of detailed designs, vibrant colors, and stories passed down through the years. This art, known as "cloth picture," has deep roots in ancient traditions, giving us a captivating glimpse into the rich culture of the region.

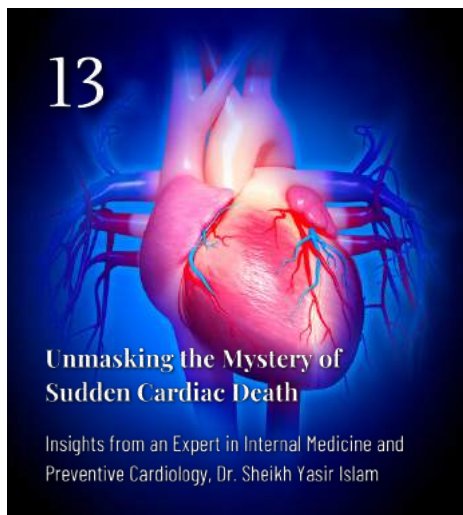


A woman with long brown hair tied in a ponytail is sitting on a sandy beach, looking out at the ocean. She is wearing a light-colored tank top and dark jeans. The sky is blue with scattered white clouds, and the water is calm. The text "Let us help you on your journey to" is overlaid on the left side of the image in a white serif font.

Let us help
you on your
journey to

rest & relax...

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Being a grown-up doesn't mean you can't feel like a kid again. Exploring the world as a solo traveler lets you rediscover the joy and wonder of youth in every new adventure.

84 सफलता की जड़ें: छोटी नैतिक कहानी जीवन के बाग में बड़ने और मजबूत होने का सफर

I DON'T KNOW WHAT HAPPENED
TO SANTA'S COOKIES...



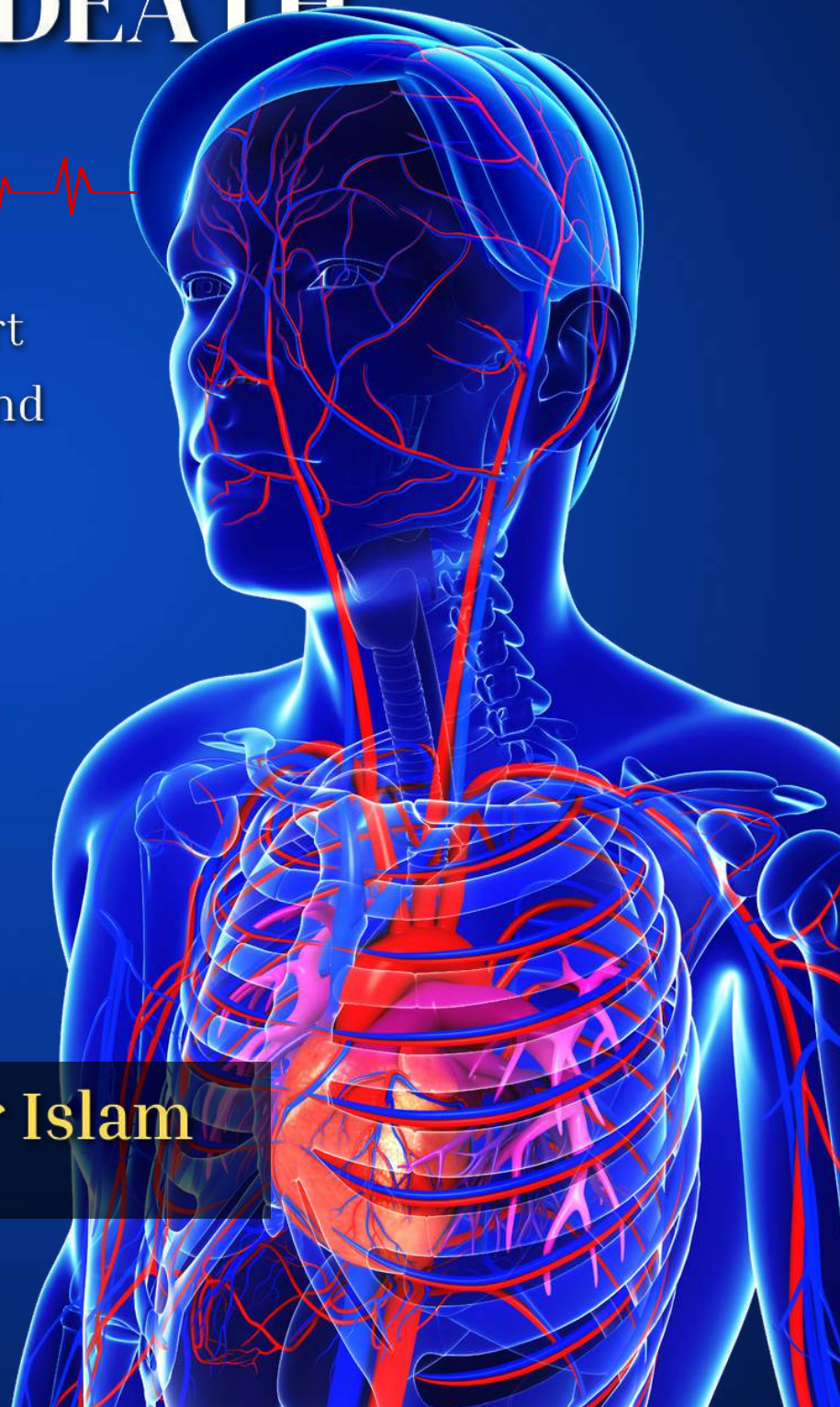
UNMASKING THE MYSTERY OF SUDDEN CARDIAC DEATH



Insights from an Expert
in Internal Medicine and
Preventive Cardiology,

Dr. Sheikh Yasir Islam

MBBS, MD (Medicine), PGDDM





Sudden Cardiac Death

A Silent Threat to Heart Health

Sudden Cardiac Death (SCD) is a frightening event that happens suddenly, leading to an immediate loss of life without warning. It is when the heart's normal rhythm is disrupted, stopping blood flow throughout the body. This affects people of all ages and health conditions and has a lasting impact on families and communities.

Due to its unexpected nature and inability to be foreseen, SCD is a major worry in heart health. Research, new testing methods, and prevention are being heavily focused on to address this issue.

Dr. Sheikh Yasir Islam, an experienced physician in internal medicine, will provide valuable insights into SCD, shedding light on its complexities and how to prevent it. He serves at Lady Hardinge Medical College and SSK Hospital Delhi, with extensive expertise in cardiology and internal medicine.



What is Sudden Cardiac Death (SCD)

Sudden Cardiac Death (SCD) is an unexpected and abrupt loss of heart function, typically resulting from an electrical malfunction in the heart that disrupts its normal rhythm. This malfunction can cause the heart to beat irregularly or too fast, leading to a sudden cessation of blood flow to the body. SCD often occurs without warning, and it can be fatal if not treated immediately. It is different from a heart attack, where there might be a blockage in a blood vessel that affects blood supply to the heart muscle. SCD happens when the heart suddenly stops beating effectively, causing a sudden collapse and loss of consciousness, often resulting in death if emergency interventions like CPR or defibrillation are not administered promptly. It can affect individuals of varying ages and health conditions and is a significant concern in the realm of cardiovascular health.

THE SYMPTOMS AND CAUSES:

The symptoms and causes of sudden cardiac death (SCD) are critical to understand for early recognition and prevention. Sudden cardiac arrest occurs abruptly, leading to an unexpected stoppage of the heart's function. It is usually caused by an electrical malfunction that disrupts the heart's rhythm, preventing it from pumping blood effectively to the body. There are several warning signs or symptoms that can precede sudden cardiac arrest, such as:

Chest discomfort: This can range from mild discomfort to severe pain.



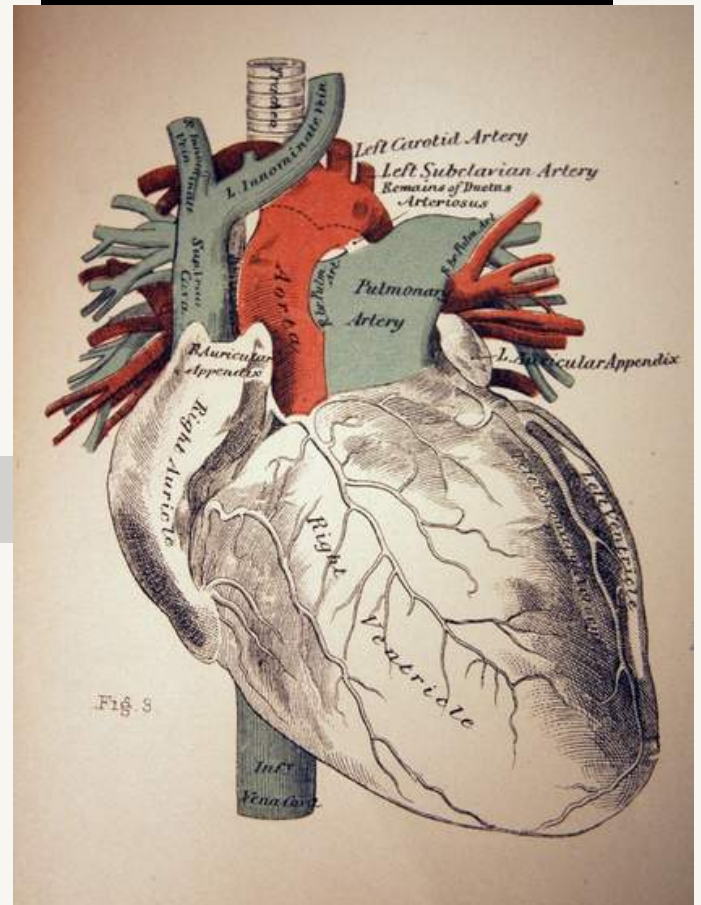
Irregular heart palpitations: Sensation of rapid, fluttering, or pounding heartbeats.



Short spells of breathlessness: Difficulty catching breath even during minimal exertion.



Sudden feeling of weakness and light-headedness: May progress to loss of consciousness.



PEOPLE AT RISK

Factors contributing to a higher risk of sudden cardiac arrest include a sedentary lifestyle involving smoking, excessive alcohol consumption, drug use, obesity, poor diet, irregular sleep patterns, and exposure to a high-stress work environment. Those with a family history of heart disease or diabetes are also at increased risk.

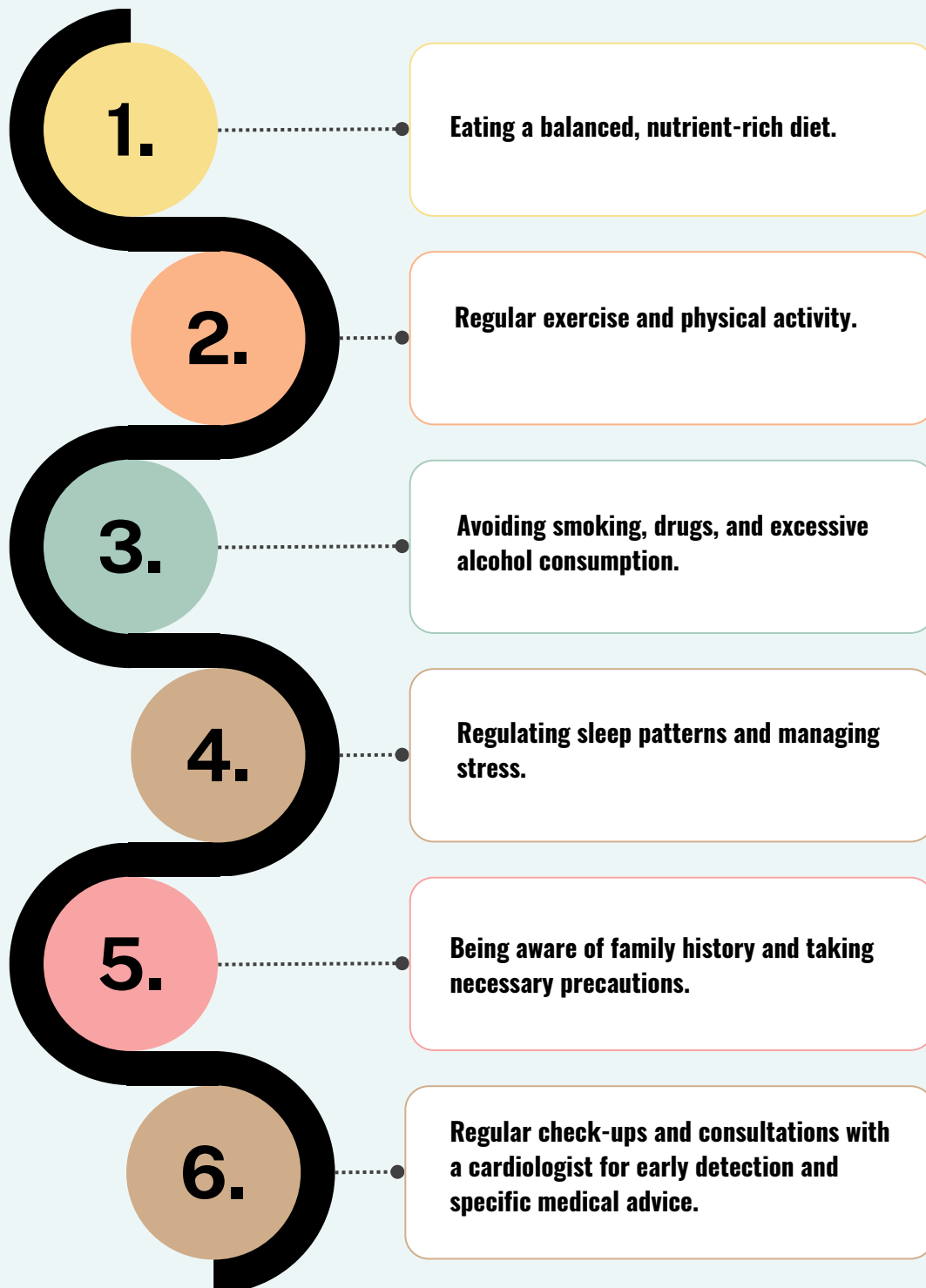
WHY IT HAPPENS

Sudden cardiac arrest typically occurs due to an arrhythmia, where the heart beats irregularly, either too fast (tachycardia) or too slow (bradycardia). These erratic heartbeats can be life-threatening. People with genetic predispositions to heart diseases or those experiencing sudden increases in heart rate are at risk of fatal arrhythmias.

EJECTION FRACTION AND RISK

Ejection Fraction (EF) is the percentage of blood pumped out of the heart's main chamber with each beat. A low EF, particularly less than 35%, increases the risk of sudden cardiac arrest. Damage to the heart muscles due to a heart attack, heart muscle problems, or heart valve issues can lower EF.

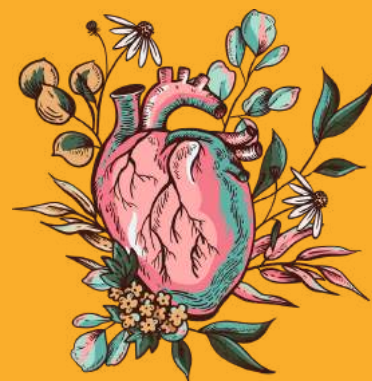
PREVENTIVE MEASURES: TO REDUCE THE RISK OF SUDDEN CARDIAC ARREST, ADOPTING A HEALTHIER LIFESTYLE IS KEY. THIS INCLUDES:



Management in the Event of Sudden Cardiac Arrest

Immediate intervention through

Cardiopulmonary Resuscitation (CPR) within the first crucial six minutes is vital. CPR can significantly improve survival rates by helping to restore heart function and maintain blood flow to the brain.



"Your Health Is Our Priority"

Out-of-hospital care for sudden cardiac arrest (SCA):

Regarding out-of-hospital care for sudden cardiac arrest (SCA), immediate response is critical. Effective and prompt action greatly increases the chances of survival. Here are key steps in out-of-hospital care for sudden cardiac arrest:



Call for Emergency Medical Services (EMS):

The first step is to call for professional medical help. This initiates the chain of survival. Emergency services can dispatch ambulance and trained personnel equipped to handle cardiac emergencies.



Perform Cardiopulmonary Resuscitation (CPR):

If you are trained in CPR, begin chest compressions and rescue breaths. The American Heart Association recommends hands-only CPR for untrained individuals – focus on chest compressions at a rate of 100 to 120 per minute until help arrives.



Use Automated External Defibrillator (AED):

AEDs are portable devices that can deliver an electric shock to help the heart re-establish its normal rhythm. If available, use an AED as soon as possible, following its instructions.



Support and Comfort:

While waiting for medical assistance, continue providing support, and comfort to the person experiencing sudden cardiac arrest and any bystanders involved.

Recent advancements in technology and public access to AEDs have been instrumental in improving the survival rates of individuals experiencing sudden cardiac arrest outside of a hospital setting. However, the success of out-of-hospital care greatly depends on the timely initiation of CPR, access to AEDs, and efficient emergency medical response systems.

The evaluation

The evaluation and diagnostic procedures mentioned are crucial in the comprehensive assessment of individuals who have experienced sudden cardiac arrest (SCA) or are survivors of cardiac arrest. These tests and assessments are essential in determining the underlying cause of the cardiac arrest and planning appropriate treatment and management strategies:

Full Cardiac Assessment for Survivors of Cardiac Arrest:

1. ECG:

Provides information about the heart's electrical activity, rhythm, and any abnormalities.

2. Echocardiogram:

An ultrasound of the heart that evaluates its structure, function, and any abnormalities in the heart muscle or valves.

3. Coronary Angiography:

This imaging test examines the blood vessels supplying the heart, identifying any blockages or narrowing that might cause cardiac events.

4. Exercise Test:

Evaluates heart function during physical activity to detect any abnormalities in heart rate or rhythm under stress.

5. Electrophysiology Testing:

Assesses the heart's electrical system to identify abnormalities that could lead to arrhythmias.

6. Cardiac MRI:

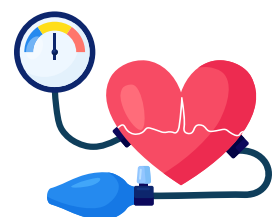
Provides detailed images of the heart's structure and function, helping to diagnose heart diseases

7. Genetic Testing:

Particularly for inherited conditions such as ARVC (Arrhythmogenic Right Ventricular Cardiomyopathy), Brugada syndrome, CPVT (Catecholaminergic Polymorphic Ventricular Tachycardia), or LQTS (Long QT Syndrome). Genetic testing can identify genetic mutations associated with these conditions.

8. Cardiac Biopsy:

In cases where other causes are not evident, a biopsy may be considered to examine heart tissue for abnormalities or underlying issues.





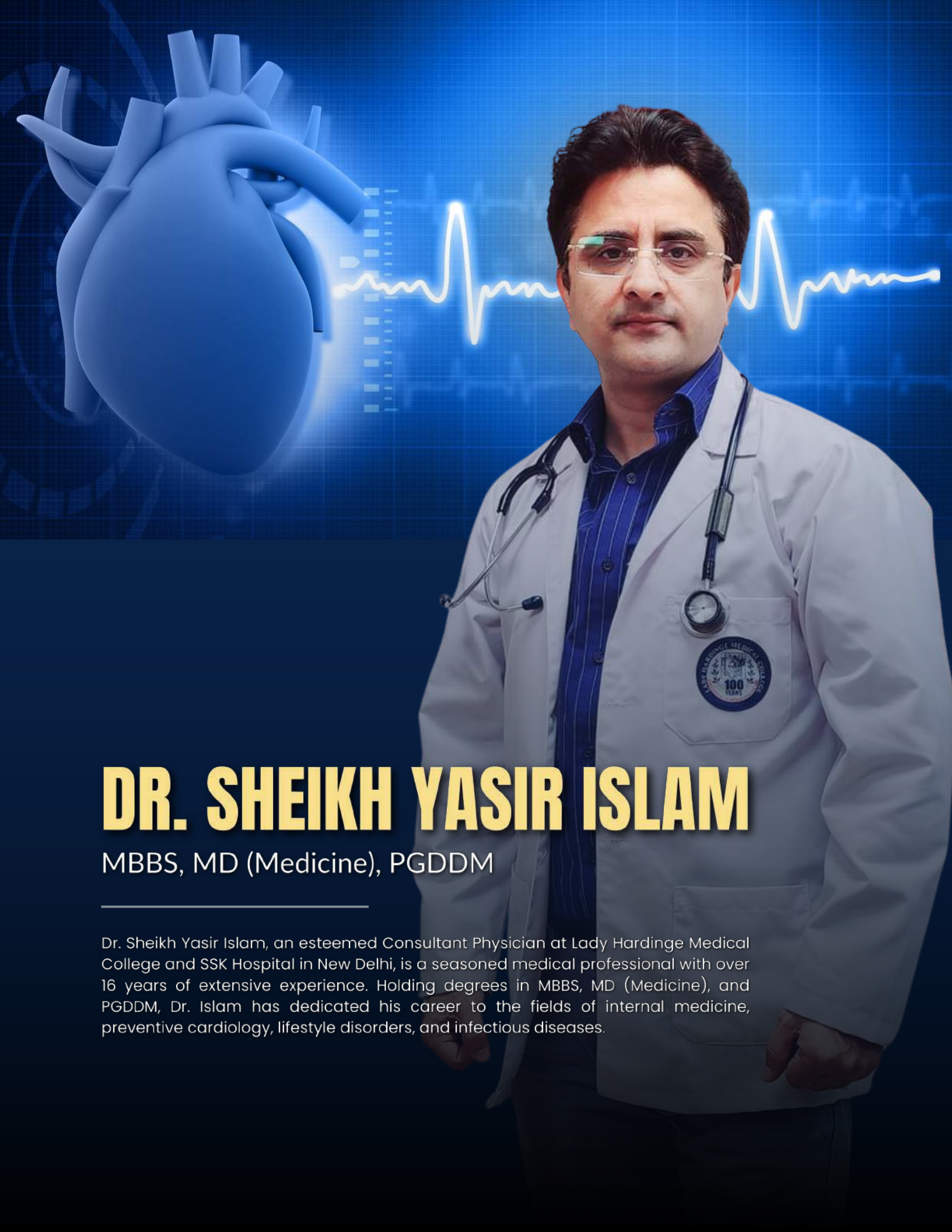
Automated External Defibrillator (AED)

AEDs can be used by laypersons or emergency medical services (EMS) before hospital transportation. AEDs deliver an electric shock to the heart, aiming to restore normal heart rhythm.

Sudden cardiac death (SCD) remains a significant public health concern, with diverse causes, risk factors, and evolving patterns over time. Significant advancements have been achieved in recognizing indicators that elevate the risk of SCD within the broader population.

Yet, the challenge persists in accurately identifying high-risk individuals who might benefit from specific interventions, such as implantable cardioverter-defibrillators or other therapies. The ongoing quest for pinpointing these individuals represents a continued area of focus in the field of cardiology and preventive medicine. It underscores the necessity for further research and innovative strategies aimed at precise risk stratification to prevent SCD and save lives.

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



DR. SHEIKH YASIR ISLAM

MBBS, MD (Medicine), PGDDM

Dr. Sheikh Yasir Islam, an esteemed Consultant Physician at Lady Hardinge Medical College and SSK Hospital in New Delhi, is a seasoned medical professional with over 16 years of extensive experience. Holding degrees in MBBS, MD (Medicine), and PGDDM, Dr. Islam has dedicated his career to the fields of internal medicine, preventive cardiology, lifestyle disorders, and infectious diseases.

“

"Routine care or complex issues, each patient deserves the best. My commitment is to provide the highest level of care, ensuring every individual's health and well-being."

- Dr. Sheikh Yasir Islam

Dr. Islam is actively involved in academics, imparting his knowledge to both MBBS and postgraduate students. Beyond the confines of the hospital, he is a committed participant in public health initiatives and community services, reflecting his dedication to the well-being of society.

Dr. Islam is not just a practitioner but also a prolific writer, contributing numerous articles to national and international medical journals. His written work reflects not only his expertise in the medical field but also his commitment to sharing knowledge and advancing the understanding of various health-related topics.

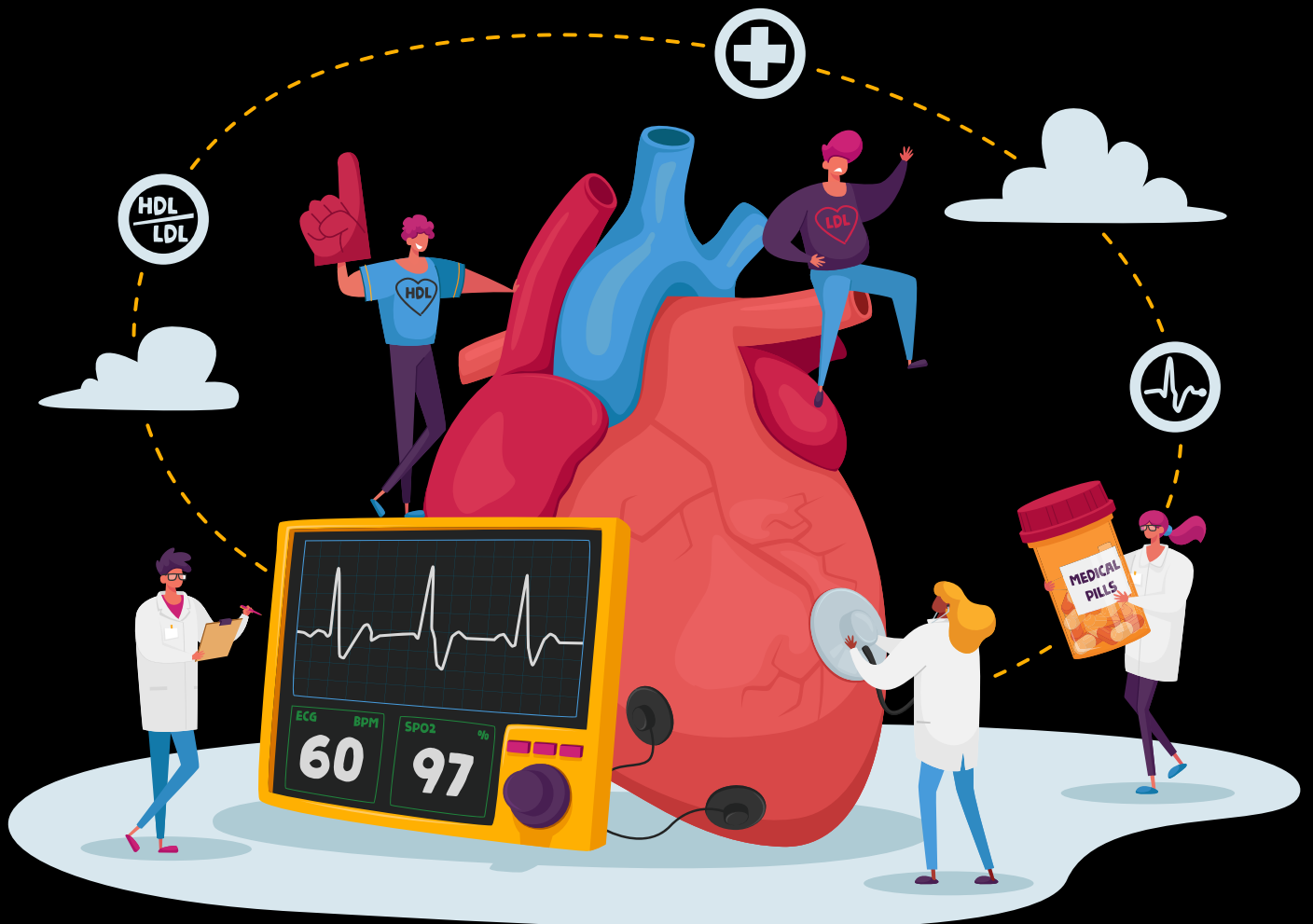
Known for his exceptional medical skills and compassionate patient care, Dr. Sheikh Yasir Islam is highly regarded as a general physician who prioritizes personalized healthcare services. His approach involves a deep understanding of patients' concerns, allowing him to collaboratively develop treatment plans tailored to individual needs.



*Make a healthy lifestyle
for a healthier life ahead.*



Take Care of your Heart!



Start Your Spiritual Journey with Life Coach Payal Vani

Join us on Free WhatsApp Group
and become a part of a vibrant
and enlightening community.

Why should You Join?



Elevate your spiritual knowledge and
experience personal growth.



Connect with like-minded individuals,
creating a supportive and uplifting network.



Access special content and insights from
Life Coach Payal Vani.



Surround yourself with positivity, inspiration,
and a community that cares.

SCAN THE CODE TO BECOME A PART OF IT.





TONGUE DRUMS

Where rhythm meets tranquility, and music becomes a journey of serenity.



HARMONY IN HAND

The tongue drum, a melodic percussion instrument, has gained popularity for its harmonious tones and accessible design. Originating from various cultures, it features tuned metal tongues or keys arranged on the drum's surface. Beyond its musical appeal, the tongue drum holds potential medical and spiritual benefits.

In therapeutic settings, playing the tongue drum can aid in stress reduction and relaxation, providing a soothing auditory experience. The rhythmic patterns created can contribute to improved focus and mental well-being.

Furthermore, engaging with the instrument may promote mindfulness and serve as a meditative practice, aligning with spiritual exploration. The resonating tones of the tongue drum can foster a sense of tranquility, encouraging a connection between mind, body, and spirit. Whether utilized for musical expression or therapeutic purposes, the tongue drum offers a versatile platform for individuals seeking both healing and creative outlets.

BENEFITS OF TONGUE DRUM

TONGUE DRUM CAN HELP YOU RELAX DEEPLY, LOWER YOUR BLOOD PRESSURE, AND REDUCE STRESS. THE SOOTHING TONES PRODUCED BY THE DRUM CREATE A CALMING ATMOSPHERE FOR YOUR BODY AND MIND. IT IS VERY USEFUL AND EFFECTIVE FOR YOGA, MEDITATION, NATURAL THERAPIES, AND HEALING. YOU CAN PLAY IT USING THE TWO RUBBER MALLETS INCLUDED OR SIMPLY WITH YOUR FINGERS.



MADE IN INDIA

Our tongue drums are a testament to the skilled craftsmanship and artistic prowess of India. Every drum is meticulously crafted with precision and passion, reflecting the cultural diversity and heritage of the country. By choosing a tongue drum made in India, you not only bring home a musical masterpiece but also contribute to the legacy of Indian craftsmanship.

Explore your inner self and let the resonant tones of our made in India tongue drums elevate your spirit. Welcome to a world where music meets spirituality, and each note resonates with the essence of our rich cultural tapestry.

Tongue Drum

Item Catalogue



Shine Tone Tongue Drum with Mango Wood Drumsticks

Material: Titanium Alloy

Size 1:

Width- 6.5 Inches
Height- 3.5 Inches
Weight- 974 Grams

Size 2:

Width- 8.5 Inches
Height- 5.5 Inches
Weight- 1900 Grams

Size 3:

Width- 10 Inches
Height- 6.5 Inches
Weight- 2670 Grams

Package Contains:

1 Pc Tongue Drum
2 Pcs Musical Sticks
1 Pc Carry Bag



Matte finished Tongue Drum with Mango Wood Drumsticks

Material: Titanium Alloy

Size 1:

Width- 6.5 Inches
Height- 3.5 Inches
Weight- 974 Grams

Size 2:

Width- 8.5 Inches
Height- 5.5 Inches
Weight- 1900 Grams

Size 3:

Width- 10 Inches
Height- 6.5 Inches
Weight- 2670 Grams

Package Contains:

1 Pc Tongue Drum
2 Pcs Musical Sticks
1 Pc Carry Bag



Patterned Iron Tongue Drum with Mango Wood Drumsticks

Material: Titanium Alloy

Size 1:

Width- 6.5 Inches
Height- 3.5 Inches
Weight- 974 Grams

Size 2:

Width- 8.5 Inches
Height- 5.5 Inches
Weight- 1900 Grams

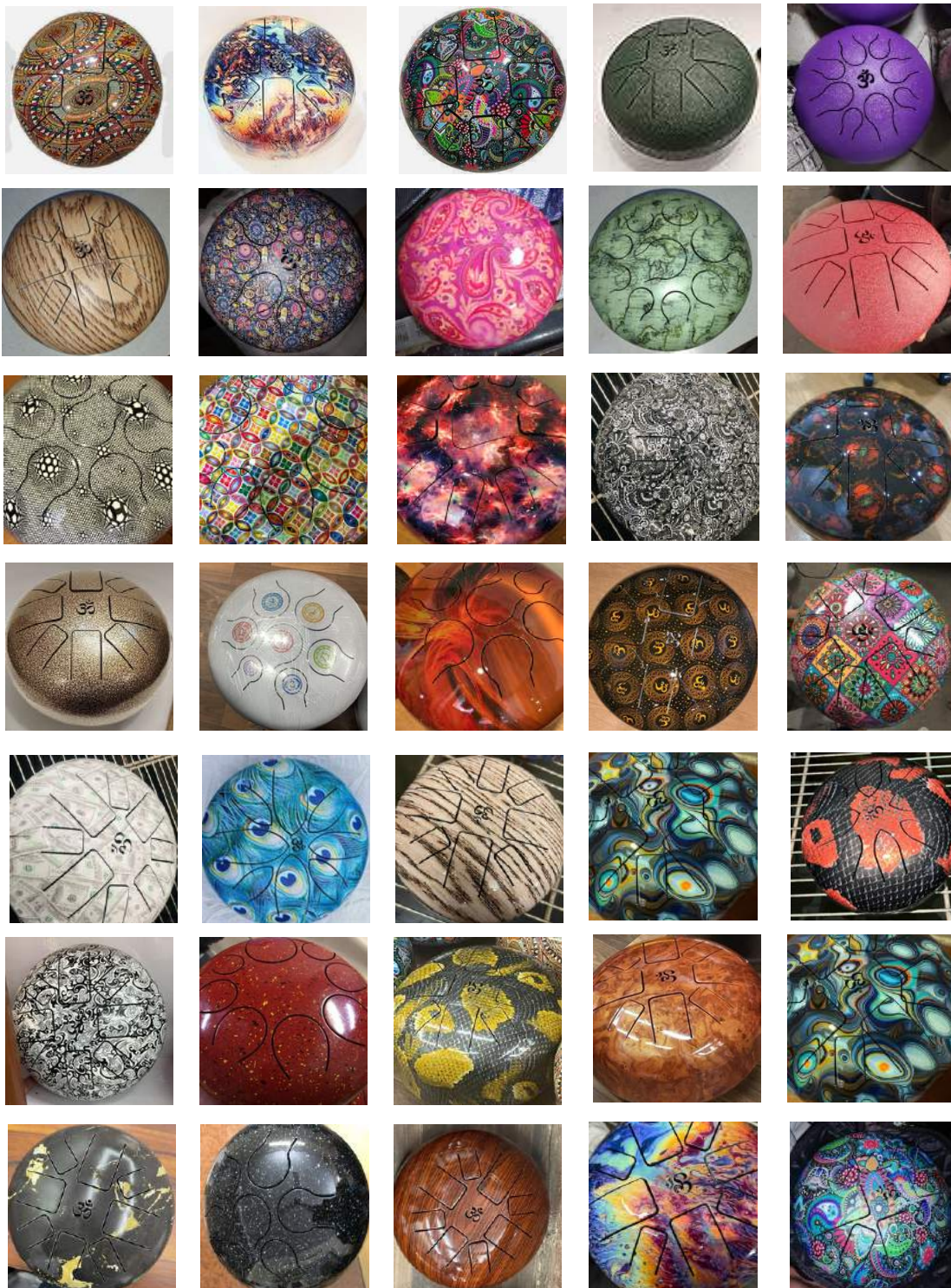
Size 3:

Width- 10 Inches
Height- 6.5 Inches
Weight- 2670 Grams

Package Contains:

1 Pc Tongue Drum
2 Pcs Musical Sticks
1 Pc Carry Bag

PRODUCTS AVAILABLE

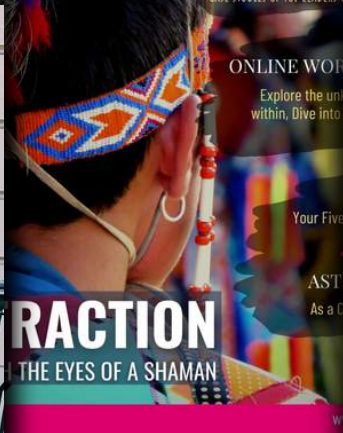




SCAN THE CODE TO
ACCESS MUSICAL BLISS!
Purchase your favorite Tongue Drum effortlessly.



For any questions or queries, reach out to us at creation@barkatt.in



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A FREE DIGITAL SUBSCRIPTION

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LET'S TURN THESE TEARS
INTO THE INK THAT WRITES
A TALE OF STRENGTH, HOPE,
AND ENDLESS POSSIBILITIES.



YOGIC HEALING

A symphony of
balance, vitality, and
cosmic connection,
Yogic Healing is a
transformative
journey, a timeless
affection.

A tale to be told...

In the sacred space of Yogic Healing, find solace in the silence, strength in the stillness, and serenity in the symphony of your breath.

Yogic Healing is a very old and timeless way of promoting overall well-being. It blends the deep wisdom of yoga philosophy with traditional healing practices from India. This transformative method, rooted in ancient teachings and spiritual principles, focuses on using universal energy to bring balance and vitality to the body, mind, and soul.

It goes beyond typical healing methods, caring not just for the body but also for the spiritual and mental aspects of a person's health. By tapping into the natural energy within, Yogic Healing gently leads individuals towards restoring themselves, finding calmness, and achieving overall harmony. It's all about creating a strong connection between the individual and the universal life force.



THE BENEFITS OF YOGIC HEALING ARE MULTIFACETED AND IMPACTFUL, OFFERING RELIEF AND WELLNESS IN SEVERAL WAYS:

1. Holistic Well-being

Yogic Healing addresses not just physical ailments but also mental and spiritual imbalances, providing a holistic approach to wellness.

2. Stress Reduction

Through techniques such as calming the mind and fostering mental serenity, it helps in reducing stress and anxiety.

3. Faster Recovery

Yogic Healing has shown quicker recovery from surgeries, fractures, and injuries, surpassing the results achieved by conventional therapy methods.

4. Accessibility and Affordability

It is accessible to people from all walks of life, ensuring that individuals, irrespective of their social or economic status, can benefit from this transformative healing.

5. Promotes Spiritual Growth

Encourages a deeper spiritual connection and growth, allowing individuals to explore their inner selves and spiritual aspects.

6. Enhanced Energy Levels

It aims to boost an individual's energy, revitalizing and restoring balance to the body's natural energy flow.

7. Pain Alleviation

Provides relief from chronic pains and stiffness, often offering instantaneous relief in some cases.

8. Improved Mental Clarity

By promoting mental calmness and balance, it aids in enhancing mental clarity and focus.

9. Universal Life Force Connection

Establishes a profound connection with the universal life force, nurturing self-restoration and inner harmony.

10. Long-term Wellness

By addressing the root causes of ailments and imbalances, Yogic Healing offers long-term wellness and preventive care.

Mohan Sadashiv Joshi

The Man with Midas Touch

"Yogic Healing is like a special journey that mixes old wisdom with new ideas to help us feel really good. It is not just about fixing things; it is a way to bring balance, energy, and a strong connection to everything around us. So, as we explore Yogic Healing, let's keep the good feelings of balance and energy with us. May this special journey help us stay calm, feel better, and enjoy a happy and healthy life. Think of Yogic Healing like having a good friend always with us on our journey to feeling great!"

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

Mohan Joshi, the visionary creator of Yogic Healing, a transformative method blending ancient wisdom and modern understanding. Starting this journey in 1982 when alternative healing was in its infancy in India, Joshi dedicated years to learning from experts, saints, and evolved souls. His extensive knowledge and healing abilities have garnered a distinguished reputation, with notable individuals seeking his assistance, including renowned figures like Dhirubhai Ambani. Joshi's Yogic Healing goes beyond conventional methods, emphasizing balance, vitality, and a strong connection to the universal life force. A retired State Bank of India employee, he now shares his gift globally, residing in California, USA, and continues to be a beacon of well-being through the transformative power of Yogic Healing.

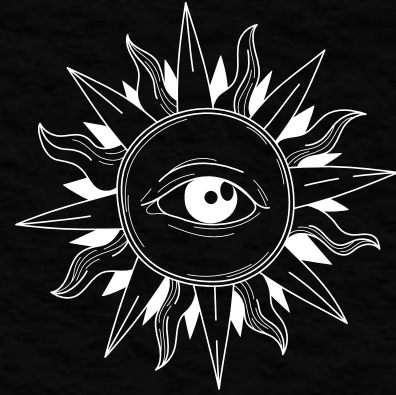


A young boy with dark hair is sitting on a small, rustic wooden boat. He is wearing a green sleeveless shirt with orange trim and light-colored shorts. He is looking out towards the horizon with a thoughtful expression, his right hand resting on his forehead. The boat is partially submerged in calm water, and the background shows a soft, hazy sky and distant land. The overall mood is contemplative and hopeful.

"On the shore
of dreams, a
future sailor is
waiting for his
boat, a vessel of
dreams yet to
set sail."

"Stay focused on what you want."





FORTUNE
TELLER

2024

Forecast for a Year
of Abundance and
Fulfillment.

WITH
LIFE COACH
PAYAL VANI



Earth Signs



People born under Earth signs like Taurus, Virgo, and Capricorn should pay attention to their finances in 2024. The year will bring unexpected opportunities to increase wealth, so it's a good time to be generous and settle any financial matters. However, relationships and health may face some challenges, so it is important to focus on resolving issues in these areas. The months of January, February, and March will require some effort to organize finances, address relationship issues, and take care of health concerns. By doing this groundwork, things are expected to improve in your favor from July and August onwards.



जो लोग वृष, कन्या, और मकर राशियों में जन्मे हैं, उनके लिए 2024 एक ऐसा वर्ष होगा जिसमें धन की वृद्धि के लिए अनपेक्षित अवसर होंगे, इसलिए इस समय उदार बनने और किसी भी वित्तीय मुद्दे को सुलझाने का एक अच्छा समय है। हालांकि, संबंध और स्वास्थ्य को कुछ चुनौतियों का सामना करना पड़ सकता है, इसलिए इन क्षेत्रों में समस्याओं को हल करने पर ध्यान देना महत्वपूर्ण है। जनवरी, फरवरी, और मार्च के महीने वित्त संगठन, संबंध समस्याओं का समाधान करने, और स्वास्थ्य से संबंधित चिंताओं का समाधान करने के लिए कुछ प्रयास की आवश्यकता होगी। इस आधारित काम से, जुलाई और अगस्त से चीजें आपके पक्ष में सुधारने की प्रत्याशा है।

Air signs



People born under Air signs like Gemini, Libra, and Aquarius can expect 2024 to bring success, good luck, wealth, celebrations, and the arrival of new things and people in their lives. This positive change will be unlike anything they have experienced before. The year holds various opportunities in work, business, and relationships, but it is essential to let go of past negative experiences. Holding onto that negativity will only hold you back. The next three months are crucial for planning and welcoming the positive changes coming your way. The key is in your hands—decide to soar high or stay grounded. Make strong and positive decisions for yourself and your family to welcome the good in 2024.

जो लोग मिथुन, तुला, और कुंभ राशियों में जन्मे हैं, उनके लिए 2024 एक सफल, शुभ भाग्य, धन, उत्सव, और नए चीजों और लोगों का आगमन लाएगा। यह सकारात्मक परिवर्तन उनके लिए कुछ भी पहले ना होने वाला होगा। वर्ष में काम, व्यापार, और रिश्तों में विभिन्न अवसर हैं, लेकिन पास के नकारात्मक अनुभवों को छोड़ देना महत्वपूर्ण है। उस नकारात्मकता में रहना आपको केवल पीछे खींचेगा। आने वाले तीन महीने योजना बनाने और आपके रास्ते में आने वाले सकारात्मक परिवर्तनों को अपनाने के लिए महत्वपूर्ण हैं। यह आपके हाथ में है—ऊची उड़ान भरने या धरती पर बने रहने का निर्णय करें। अपने लिए और अपने परिवार के लिए मजबूत और सकारात्मक निर्णय लें ताकि 2024 में अच्छाई का स्वागत किया जा सके।

WATER SIGNS



For those born under Water signs like Cancer, Scorpio, and Pisces, 2024 is a magical year. Anything can happen for you, and this magic will be present in your work, relationships, and health. During January, February, and March, you will experience blessings, and your intuition and psychic abilities will become stronger and more powerful. You will notice more meaningful coincidences that bring ease to your life. With this new energy and change, you will connect with the right people, and many new opportunities will come your way. Welcome these blessings by letting go of anything that brings you down and creates negativity in your life.

जो लोग कर्क, वृश्चिक, और मीन राशियों में जन्मे हैं, उनके लिए 2024 एक जादुई साल होगा। आपके लिए कुछ भी हो सकता है, और यह जादू आपके काम, रिश्तों, और स्वास्थ्य में मौजूद होगा। जनवरी, फरवरी, और मार्च के दौरान, आपको आशीर्वाद मिलेगा, और आपकी अंतरज्ञान और मानसिक क्षमताएं मजबूत और शक्तिशाली हो जाएंगी। आपको और मतलबपूर्ण संयोजनों का सामना होगा जो आपके जीवन में आसानी लाएंगे। इस नई ऊर्जा और परिवर्तन के साथ, आप सही लोगों से जुड़ेंगे, और कई नए अवसर आपके सामने आएंगे। इन आशीर्वादों को अपनाकर उन सभी चीजों से छुटकारा पाने का आनंद लेना।



FIRE SIGN



For those with Fire signs like Aries, Leo, and Sagittarius, 2024 brings beautiful, powerful, and abundant new beginnings. The first few months will go according to your plans, but later on, everything will unfold as per God's wish. It's a good and blessed time for you to make changes and create a new reality. These changes will help erase karmic debts from many lifetimes, leading to flourishing finances and relationships. Take care of your spouse's health, as it might affect your energy. Spend time with your loved ones and upgrade your life. This year, your soul will reach a new level of consciousness, and you will no longer doubt yourself. Believe in God, as you are destined and worthy of the many blessings coming your way.



जो लोग मेष, सिंह, और धनु राशियों में जन्मे हैं, उनके लिए 2024 खूबसूरत, शक्तिशाली, और प्रचुर नए आरंभ लाता है। पहले कुछ महीने आपकी योजना के अनुसार चलेंगे, लेकिन बाद में, सब कुछ भगवान की इच्छा के अनुसार खुलेगा। यह आपके लिए एक अच्छा और आशीर्वादित समय है कि आप परिवर्तन करें और एक नया वास्तविकता बनाएं। ये परिवर्तन बहुत जन्मों की कर्मिक ऋणों को मिटाने में मदद करेंगे, जिससे वित्तीय स्थिति और रिश्तों में फल प्राप्त होगा। अपने पति की सेहत का ध्यान रखें, क्योंकि यह आपकी ऊर्जा को प्रभावित कर सकता है। अपनों के साथ समय बिताएं और अपने जीवन को अपग्रेड करें। इस वर्ष, आपकी आत्मा एक नई स्तर की चेतना तक पहुंचेगी, और आपको खुद पर संदेह नहीं होगा। भगवान में विश्वास रखें, आपका भविष्य तथा आने वाले अनेक आशीर्वादों के लायक है।



Mindfulness and
meditation can help
you stay present and
reduce anxiety.



Evolution of

BACH FLOWER THERAPY & FLORAL ALCHEMY™



Bach Flower remedies have been around for close to a hundred years now. During this time, several practitioners have dabbled with them in their pursuit to address / heal certain human conditions.

In absence of specific guidelines for practice, several approaches have prevailed. With more and more wisdom being derived from experience with clients and getting ploughed back into the practice, the approach to practice has evolved.

If we closely look at the evolutionary trend we shall clearly see three stages of evolution:

Stage One

Fixing Symptoms:



This is the stage where the practitioner would simplistically map remedies to symptoms from the repertory or such tools, often alleviating the symptom. Few practitioners would advise just one remedy. He / she would not investigate much to uncover the condition underlying the symptoms, leave aside diagnosing the whole being. The symptoms, therefore, soon re-appear. Focus is more on knowing the remedies than knowing the client. The treatment is rarely sustained beyond a single consultation. Such practitioners may be called remedy-centric practitioners.

STAGE TWO ADDRESSING CONDITIONS



This is the stage where the practitioner would study the condition / disease, uncover the cluster of symptoms that the condition displays and combine the remedies in one or two composites and administer over a sustained period of time to address the condition in entirety. The root cause of the condition would remain unknown and unaddressed.

Healing therefore would be temporary. More often than not there would be some one-size-fits all solutions for certain conditions which the practitioner would prescribe / administer. Such practitioners may be called solution-centric practitioners.

Stage Three HEALING & Transforming LIVES

This, today, is the most advanced stage of evolution. The practitioner is inclined and equipped to know the client at a reasonable level of depth, often to the very root of the client's being. He prefers to have a complete emotional landscape of the client right at the beginning of the treatment and creates a sort of treatment plan.

He is more focused on healing the individual than the illness and stays committed to accompany the client on her healing journey, which could take anywhere between 6 months to a year or even more. The goal of the practitioner here is to heal the client, completely and comprehensively and in the process of the healing lead the client to transform. Such practitioners may be called client-centric practitioners.

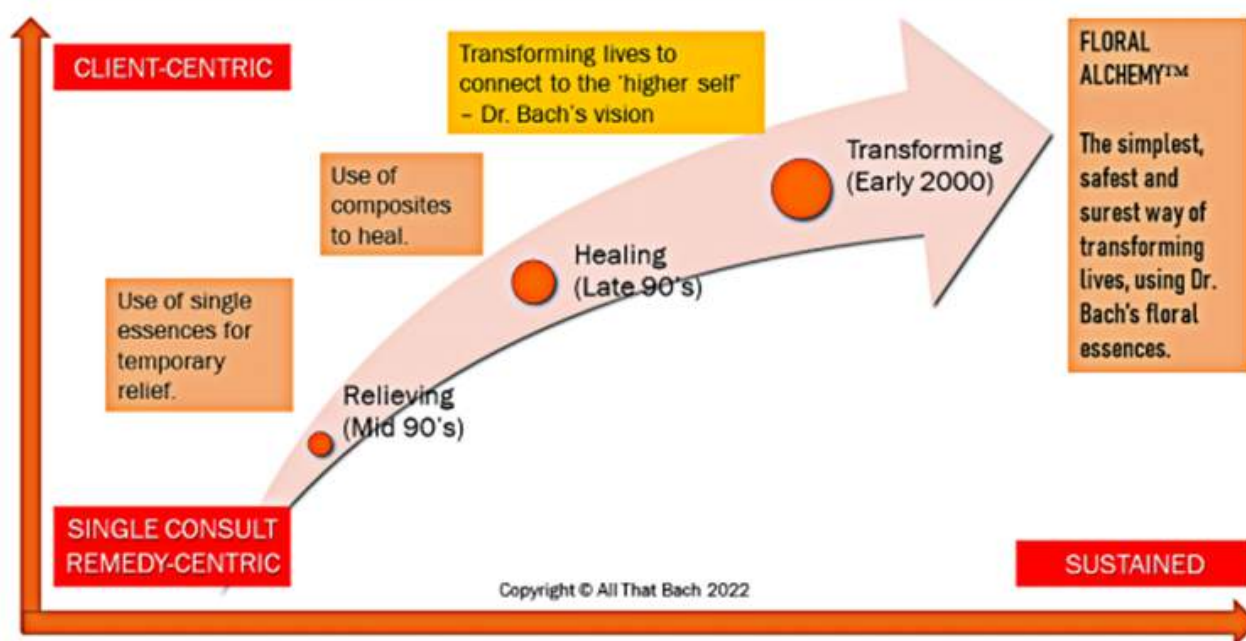


This alchemical journey is beautifully expressed by Dr. Edward Bach, as follows:

"Suffering is a corrective to point out a lesson which by other means we have failed to grasp, and never can it be eradicated until that lesson is learnt. Humans have a soul which is their real higher self; a Divine, Mighty, Being."

This third stage of evolution has been pioneered by All That Bach. Here the focus is in helping the client to transform her life using Bach Flower essences. This phenomenon completely re-defines and enhances the scope of and expectation from this modality. It is not a new thing: you just need to see the process with new eyes. The root of the word 'heal', 'health' 'holy' and 'whole' is the same. As an individual begins to heal, the shadows start dissolving, making her more 'holy'. Eventually, with the journey being sustained, the individual returns back to being an integrated 'whole' being - from a fragmented mind-made sense of what she is. She goes through a process of complete transformation reclaiming the glory of who she truly is.

Floral Alchemy™ - the future of Bach Flower practice



WE, AT ALL THAT BACH, HAVE CONSCIOUSLY CHOSEN TO THEREFORE RE-CHRISTEN THIS PROCESS OF TRANSITIONING TO A REALM OF LIGHT AND VIRTUES WITH THE HELP OF DR. BACH'S 'REMEDIES' AS FLORAL ALCHEMY.

While on the one-hand this expands the scope and application of the enabling and healing process, on the other it takes away the connotation of illness and something being amiss associated with the word like 'therapy' and 'remedy'. After all, going by Dr. Bach's quote above, 'suffering' is just a state of being without any negative or diminishing connotation. It's just a wake-up alarm.

Floral Alchemy is the safest, simplest and surest way of transforming lives of individuals to reclaim the whole being, catalysed by the 38 floral essences that are purely vibrational, without any chemicals, gentle, safe and without any side effect. It is the future of Bach Flower practice.

Indroneil comes with more than a decade's experience of being a Transformational Coach.

Through this experience he has honed the ability to ask the right questions to uncover your emotional subtleties, their inter-relationships and the underlying causes. This enables him to choose the right remedies and prescribe harmonious composites.

- **40 Years of Experience**
- **12,000 Lives Transformed**
- **Author of Published Books**
- **Widely Recognized Expert**
- **Trusted Guide**

INDRONEIL

*Founder & Principal
Alchemist - All That Bach*

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Bach Flower essences, like gentle whispers from nature's heart, hold the power to harmonize our inner melodies, orchestrating a symphony of balance, healing, and self-discovery.





Navigate imperfections, find strength, and let us guide you to a resilient, purposeful life. We are here for you!

Are you facing the complexities of life?

Struggling with mental and emotional challenges within yourself or your family?

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Dr. Divya Bansal

Licensed Clinical Psychologist and founder of "Kintsugi Welnes"

POSITIVE
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POSITIVE
POSITIVE



THE RAVANA WITHIN



HAPPY RAVANA'S DAY!



Not every day you get a request to speak about a personality such as Ravana. When I was given this herculean task, I was taken by surprise. As I had no clue, I asked for time and started my research and studies. In the midst of this it so happens that I stumbled on a post on social media, where someone had written, Happy Ravana's Day.

Vijayadashami is a victory over evil, defeating evil, and that is what we all celebrate across India in various ways and forms. We celebrate the victory. So, why would someone put "Happy Ravana's Day," and why should it become such an important aspect that not only did it get my attention now I am sitting to write about it?

An important aspect that we need to acknowledge and respect is that each one of us have a Ravana in us, and we should acknowledge it. Before I even delve into talking about Ravana and the personality traits let's take a quick glimpse into the mythology, wherein Ravana was portrayed as a demon, the ruler of Lanka.

This was obviously something no one had done prior to this; it naturally got a smile on my face as I realized how the universe speaks to you when you need answers. I will not deny the fact that I laughed when I saw it. However, it was a good thought. I did not laugh to mock the post; but with the thought, "Wow, bravo! Someone is actually acknowledging 'Happy Ravana's Day' instead of saying 'Happy Vijayadashami'". While posts with wishes for Vijayadashami flooded my social media this one single post stood out which obviously caught my attention.





A story that is known to all, Ravana abducted Sita Mata, while she was in the forest with her husband Lord Rama and brother-in-law Lakshman. In the process of searching for her, Lord Rama had to cross the Indian Ocean with his Vanara sena, leading to a war where Ravana was killed, and Lord Rama got his wife (Sita Mata) back. This is the story we have all read and grown up with. I started off writing that each one of us have a Ravana, and that is true. We have a Rama as well as a Ravana. We celebrate Rama and ignore the Ravana within us. We do not want to accept the demon hidden within us, but nevertheless, time and again, it rises and shows itself in various ways which we are ashamed of and sometimes in denial.

WE REFUSE TO ACKNOWLEDGE IT, REFUSE TO PUT A NAME TO IT, OR DON'T WANT TO BE ASSOCIATED WITH IT. STILL, WE WANT TO PRAY AND TO SHOW THE GOOD PART OF US, WHICH IS OBVIOUSLY ASSOCIATED WITH LORD RAMA.

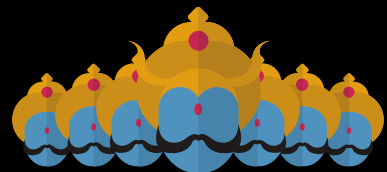
Now, Is that bad? No way! The point here is, this is what was taught to us as we grew up and have been conditioned to. As children, we were taught to be good, to have morals such as:

- Don't lie,
- Always be honest,
- Do the rightful thing,
- Don't cheat,
- Don't hurt people.

This was taught to all of us as we were growing up. Then, what happened? when we all stepped into the world?

There was a hidden part of us, which we could call Ravana, that started opening up, choosing to go the unscrupulous way, doing things that are not right with things like:

- Cheating
- Betraying
- Hurting
- Robbing
- Denying





Ravana, a complex and multifaceted character from Hindu mythology, represents more than just a demon king. He embodies the intricacies of human nature, showcasing both the potential for greatness and the pitfalls of unchecked ego. Beyond the conventional narrative of villainy, Ravana's character challenges us to explore the duality within ourselves and recognize that even in the most seemingly negative aspects, there may be elements of complexity and depth.

At one time or the other I am sure, that you as well as me, have certain parts showing up, that we would wish is not actually shown. Easy for some people to sit in denial and prefer to be in a space of oblivious. Each and everyone does have it, so it's a fact, accept it.

Each and every one of us carry this within us, and what are we trying to do? We are trying to release these from us so that we can go on the path of our Sri Ramachandra or go on the path of Shri Krishna, where he says to release these and come on the right path.

Now, when one is on the path of spirituality, I do not want to bring religion into it. Lord Rama and Shri Krishna are associated with Hinduism, yes, but I am talking about the aspects of spirituality and what we are doing with it. You can call it Ravana, you could call it any other name that you want to call it, you can give it your own name and creation, but we carry these ten faces within us.

So, talking about all this, when I am speaking about Ravana, what are the ten faces of Ravana within us? If I have to address that, before I take it further:

- **Kama (lust)**
- **Krodha (anger)**
- **Moha (delusion)**
- **Lobha (greed)**
- **Mada (pride)**
- **Maatsarya (envy)**
- **Buddhi (intellect)**
- **Manas (mind)**
- **Chitta (will)**
- **Ahamkara (ego)**

Calling Ravana a bad person is very easy; it's as simple as labeling anybody in society a bad person. Okay, if I have to go through mythology, and if you have to look at the bigger picture, it was meant that Ravana did have an ego and he believed that no one could kill him because he had the boon from Lord Brahma. For this reason, Lord Vishnu took the avatar of Lord Rama, came as a human, and in the form of a human, he killed Ravana.



If you literally look at it, each and every one of us carries that ego that we are indispensable and we have the power to do everything. We fail to realize that there is a divine energy above us who can actually come and, with a will like an arrow, destroy our ego and bring us down to reality.

To be continued...

Dr. Jayapalashri Anil
The Spiritual Princess

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The First Full Moon of 2024



25TH JANUARY 2024

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THE COSMIC MAKEOVER

How Astro Vastu Transforms Spaces and Energies?



Astro Vastu

Imagine your birth chart or Kundli as a fascinating storybook written by the stars. It unravels details about your strengths, challenges, and the vibes present during your birth.

Vastu Shastra,

Acting like expert advice on arranging things in your space. It involves placing items strategically to encourage positive energy flow. This includes considerations like doors, windows, and even the positioning of your sofa. The goal is to transform your space into a joyful and harmonious zone.

How Does Astro Vastu work?

Astro Vastu is all about making your space uniquely yours, like a canvas painted with colors that match your cosmic style, giving your room a perfect vibe makeover. It is not just about avoiding negativity; it is about turning up the positivity. I use positive planetary energies to arrange elements in your space, making it a magnet for success, love, and an overall sense of well-being.

In life, we encounter challenges, and in Astro Vastu, we offer remedies – small changes in your space, like rearranging furniture, adding colors, or bringing in nature vibes. Consider it a rejuvenating session for your soul.



As Dr. Megha Goel, I go beyond simply telling you what the stars say; I provide you with tools to thrive. Astro Vastu becomes your guide for making smart decisions, like having a cosmic companion supporting you on your journey.

Case Study:

Priya's Cosmic Makeover

Let's meet Priya, a vibrant professional searching for balance in her personal and work life. In her Kundli, I found that Priya had the cosmic gift of Mercury, blessing her with smarts and great communication. Yet, tricky Saturn hinted at possible career bumps.



Astro Vastu Tips given to Priya:

Desk Placement:

Priya's work desk got a VIP ticket to the northeast corner, where Mercury loves to shine. It was like turning her desk into a cosmic communication hub.

Balancing Colors:

To stand guard against Saturn's mischief, Priya's workspace received a splash of blue and black colors. These hues brought in stability and endurance, acting as cosmic bodyguards against career challenges.

Nature Element:

I suggested a touch of nature plants or a small fountain in the northeast corner. It was not just about looks; it was about inviting positive Mercury vibes to dance around Priya's workspace.



Simple Rituals:

Priya was given a cosmic toolkit of simple rituals and affirmations. These were like magic spells, tailored to Priya's cosmic vibes, ensuring a continuous flow of positive energy.

Priya's workplace turned into a cozy place, filled with Mercury's smart vibes, protected by the colors blue and black from Saturn's challenges. Nature shared special secrets, and easy rituals made sure good energy kept flowing.



In the dance of life, let every step be a purposeful move towards joy, every stumble a chance to learn, and every pause a moment to appreciate the beauty of the journey.

In your home, Astro Vastu transforms it into a place that feels just right. Every room, from your cozy nook to the kitchen, receives a cosmic touch to support different aspects of your life. At work, Astro Vastu serves as your backstage pass to success.

Life isn't always a smooth journey... With Astro Vastu, I am offering you tools to navigate – understanding your strengths, overcoming obstacles, and becoming a cosmic sensation.

Dr. Megha Goel,

A wonderful guide in holistic wellness and spirituality, started her spiritual journey as a child inspired by dreams of Goddess Durga. She is skilled in various practices like Tarot reading, numerology, and more. As the founder of "DIVINE SOULSS," she creates special rituals and shares her wisdom in workshops. Dr. Megha aims to spread happiness and valuable insights

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Format: Word document format

Author: A short bio of the author and a professional headshot/photograph.

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TODAY IS
CRUEL

TOMORROW IS
CRUELLER

THE DAY AFTER
TOMORROW IS
BEAUTIFUL



KINTSUGI WELNES

Welcome to the warm and welcoming haven of tranquillity, Kintsugi Welnes, where we are dedicated to nurturing your mind and spirit.



Meet the heart of Kintsugi Welnes, Dr. Divya Bansal

**Rooted in the
ancient Japanese
art of Kintsugi,
our philosophy
celebrates the
inherent beauty
found in
imperfections,
a sentiment that
guides our
approach to
supporting you
through life's
intricate journey.**



With a wealth of experience exceeding two decades as an expert psychologist, she is a gentle and empathetic guide, committed to making a positive impact on your mental well-being.

Within the confines of Kintsugi Welnes, we offer a spectrum of services designed to cater to your unique needs. From the proven efficacy of talking therapy to the transformative potential of hypnotherapy, Dr. Divya Bansal seamlessly blends kindness with professionalism, cultivating a safe space where you can openly share your thoughts and feelings.

We stand ready to partner with you on your personal journey, recognizing that each challenge encountered contributes strength and beauty to the tapestry of your story.

Our mission is to empower you through life's ups and downs, help you uncover the reservoirs of strength within, and guide you towards leading a purposeful and resilient life.

Therapeutic and counseling services at Kintsugi Welnes:

Therapies:

1. Psychotherapy.
2. Hypnotherapy
3. Past Regression Therapy
4. Inner Child Therapy
5. Family Constellation Therapy:
6. Grapho-therapy

Counseling:

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2. Marriage/Couple Counseling.
3. Adolescent Counseling.
4. Child Counseling.
5. Career Counseling.
6. Parent Counseling.

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YOUR
ANXIETY
WIN
TODAY





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Zodiac Insights into the First New Moon of the Year 2024





ARIES (MARCH 21-APRIL 19)

For Aries, the new moon signals a gateway to career advancements. It is a time to set ambitious goals and take the lead. Expect promotions, awards, job offers, or recognition to come your way. Show the world your power and make the most of this cosmic energy.



TAURUS (APRIL 20-MAY 20)

The new moon encourages Taurus to step out of their comfort zones. Consider shaking up your routine and taking chances. Academic pursuits, travel plans, and new intellectual endeavors may be on the horizon.



GEMINI (MAY 21-JUNE 20)

Gemini, the new moon urges you to trust others, be vulnerable, and seek support in both business and love. Consider applying for additional job benefits, and don't hesitate to speak up and take action. The universe is ready to assist you if you embody the energy of this lunar phase.



CANCER (JUNE 21-JULY 22)

For Cancer, January's new moon sparks a sense of connection with others. Long-term commitments and discussions about future plans, including engagement or marriage, may come to the forefront. Strengthen your bonds with those you hold dear as you navigate this intimate energy.



LEO (JULY 23-AUG. 22)

Leo, the new moon activates your productivity, both personally and professionally. Expect an increase in the pace of life, with more projects and responsibilities coming your way. For those seeking employment, it is an auspicious time to look for a job. Focus on recharging your fitness, diet, and health goals for the year.



VIRGO (AUG. 23-SEPT. 22)

The new moon encourages Virgo to have more fun, enjoy recreation, and embrace their sassy side. Romance, creativity, and fertility are favored during this time. It is an ideal period to indulge in activities that bring joy and express your playful side.



LIBRA (SEPT. 23-OCT. 22)

Libra, the new moon energizes your home, domesticity, and family sector. Consider making a move or transitioning your living space. Take action to create the home you desire and focus on growing closer to family members and reconnecting with relatives.



SCORPIO (OCT. 23-NOV. 21)

Scorpio, January's lunation activates your communication and travel sector. Share your ideas, learn, and explore beyond your current surroundings. Enrolling in a class is favored, but success depends on taking concrete steps toward it.



SAGITTARIUS (NOV. 22 – DEC. 21)

Sagittarius, this new moon could turn you into a money magnet. Look out for lucrative opportunities and put yourself out there to uncover financial wins. Assess your budget and take steps to set yourself up for financial success in the year ahead.



CAPRICORN (DEC. 22-JAN. 19)

Capricorn, the most important new moon of the year falls in your zodiac sign. Use this time to take action and build the life of your dreams. Step into your power, trust your inner motivations, and seize the day.



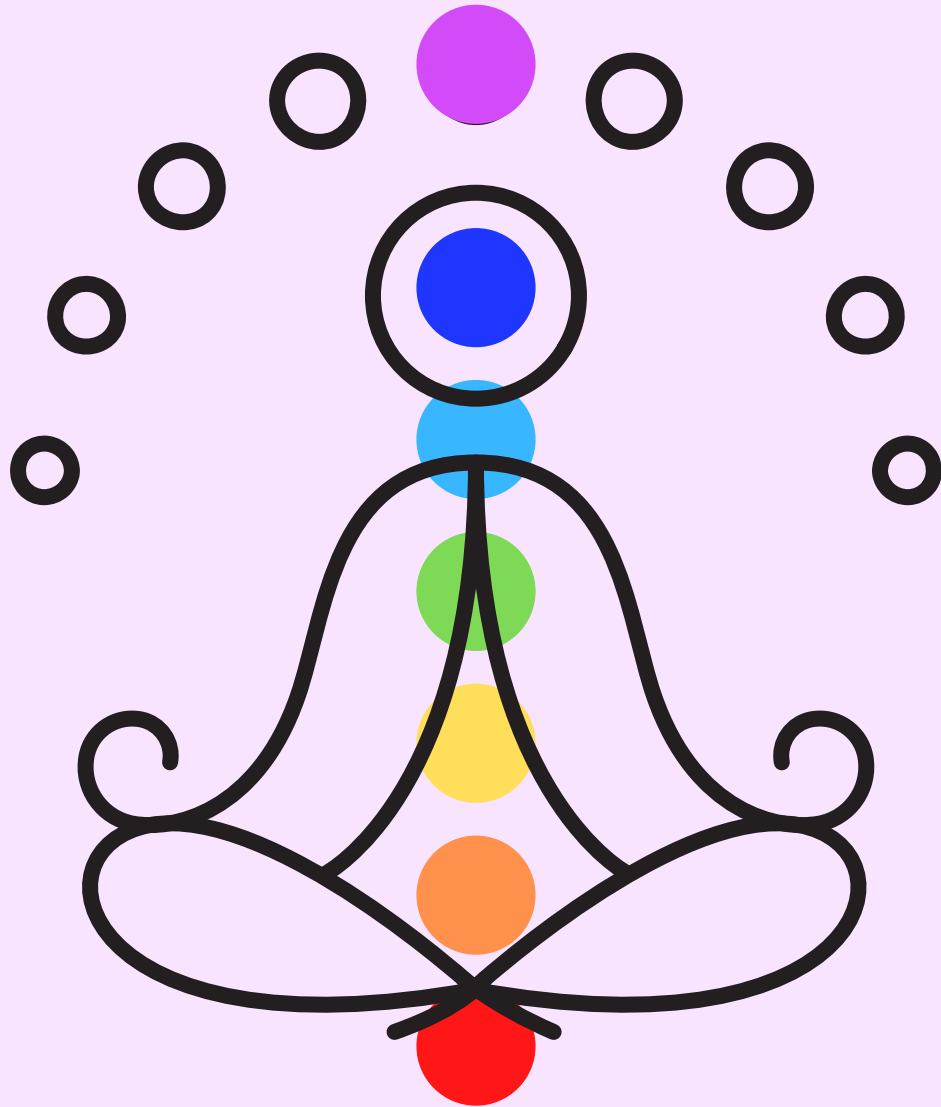
AQUARIUS (JAN. 20-FEB. 18)

Aquarius, the new moon encourages you to rest, recharge, and relax. Take time to brainstorm and visualize your goals for the year ahead. Start working on long-term goals that require extra time to come to fruition.

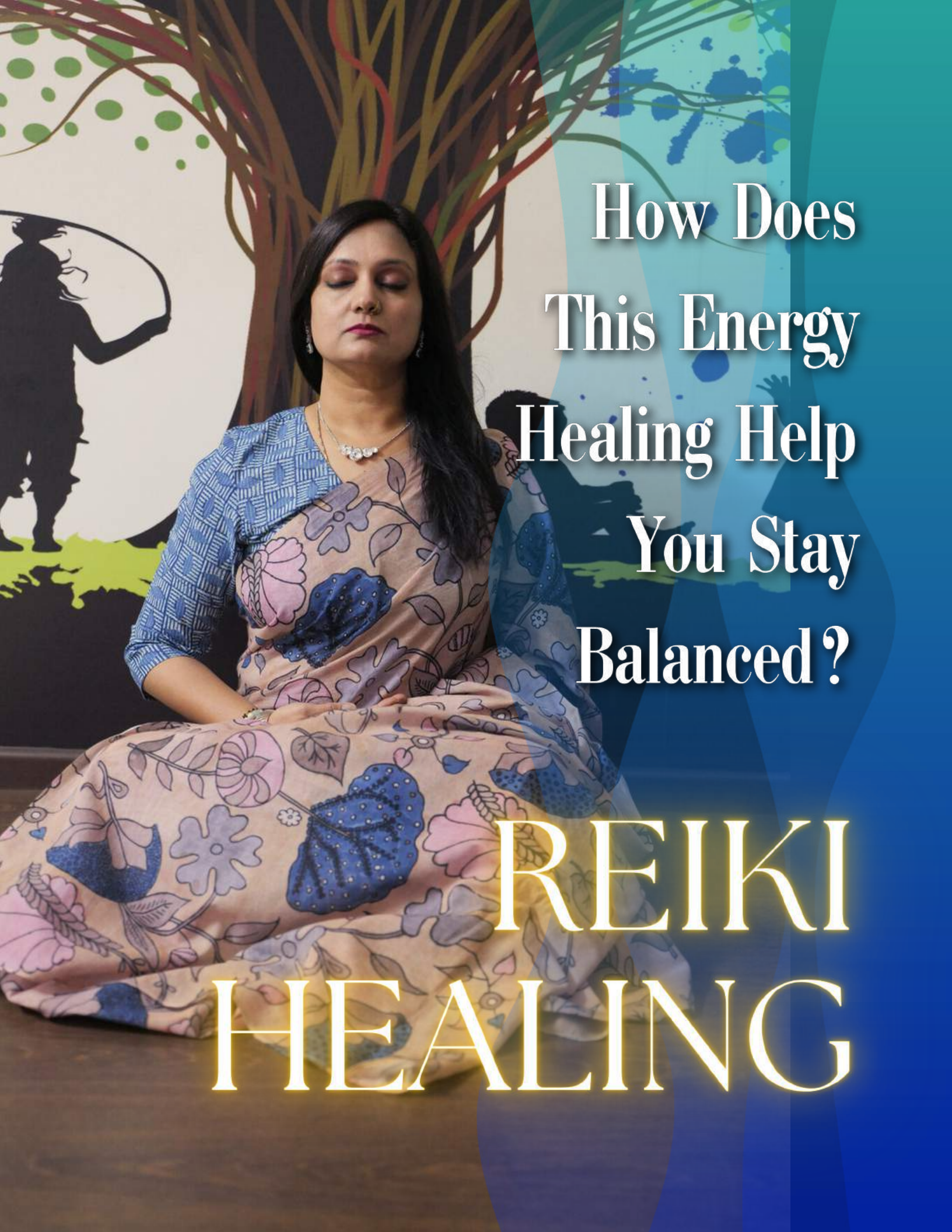


PISCES (FEB. 19-MARCH 20)

Pisces, this January new moon is a time to connect with friends both in person and online. Build your network, socialize, and be open to attending exciting events that may come your way in the days following the new moon.



Listen to your soul

A woman with long dark hair, eyes closed, is sitting in a meditative pose. She is wearing a light-colored sari with a floral pattern in shades of pink, blue, and purple. The background features a large mural of a tree with colorful branches and a silhouette of a person on the left. The right side of the image has a blue gradient overlay with white text.

How Does
This Energy
Healing Help
You Stay
Balanced?

REIKI
HEALING

Have you ever wondered about a healing practice that involves energy and gentle touch?

Perhaps you have heard of Reiki but are not quite sure what it entails. If you are curious or seeking an alternative approach to wellness, you are not alone. Dr. Shoma Jain, a Reiki expert, is here to guide you through the basics of Reiki, a natural and non-invasive form of energy-based healing that has gained popularity worldwide.

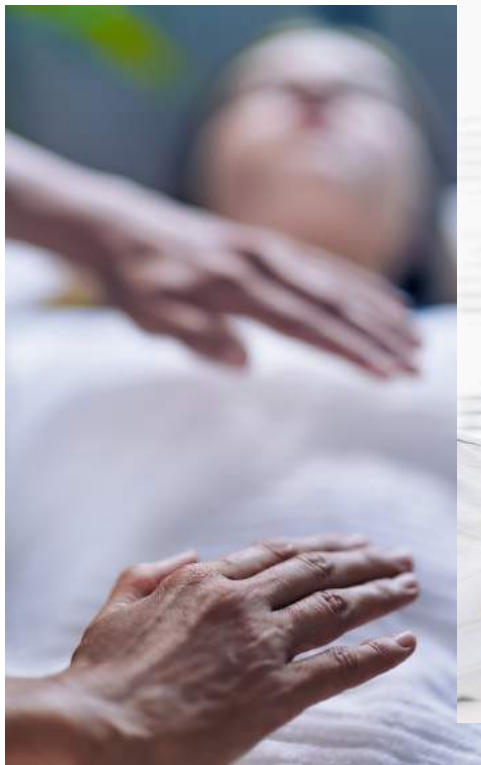
Reiki, a technique developed by Mikao Usui in the early 1900s, combines two Japanese words: "rei," meaning universal, and "ki," referring to the vital life force energy present in all living things.

This practice involves Reiki practitioners using their hands to transmit healing energy to the recipient's body, enhancing the flow and balance of energy for overall well-being. Hospitals worldwide have even integrated Reiki into their treatments to complement conventional medical approaches.

Dr. Shoma Jain emphasizes that Reiki serves as a tool to help individuals achieve energetic balance on physical, emotional, mental, and spiritual levels.

The primary goal is to promote relaxation, reduce stress, and alleviate anxiety through the gentle touch of the practitioner. The benefits of Reiki are diverse and can positively impact various aspects of health.





One of the significant advantages of Reiki is its ability to induce a meditative state, fostering tissue and bone healing after injuries or surgeries. Additionally, it stimulates the immune system, supports natural self-healing processes, and alleviates pain and tension.

For individuals undergoing traditional medical treatments such as chemotherapy, radiation, surgery, or kidney dialysis, Reiki can provide valuable support in managing well-being.

Dr. Shoma Jain notes that Reiki is not exclusive to particular diseases but has shown promise in assisting individuals dealing with cancer, chronic pain, infertility, digestive problems, Parkinson's disease, psychological distress (including depression and anxiety), and stress-related illnesses. Moreover, Reiki can be beneficial for those preparing for surgery, potentially enhancing postoperative recovery.

Reiki treatments are designed to create feelings of peace, relaxation, security, and overall wellness. For those already in good health, regular Reiki sessions can serve as a preventive measure, enhancing the body's ability to respond to stress.

Reiki, working on the entire self, taps into universal life force energy, making it applicable to various aspects of physical, emotional, mental, and spiritual healing.

During a Reiki session, individuals may experience sensations like heat, tingling, or pulsing where the practitioner places their hands. While some people may feel energy moving throughout their body, others may not perceive any noticeable changes. It is common for individuals to feel deeply relaxed and peaceful during Reiki, with some even falling asleep during the process.

Reiki offers a holistic approach to healing by tapping into the universal life force energy. Whether you are seeking relief from specific health issues or aiming to enhance your overall well-being, Reiki presents a safe and gentle alternative that complements conventional medical treatments.

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



Bharatanatyam

“Where each movement is a brushstroke painting the canvas of tradition with the vibrant colors of rhythm, expression, and heritage.”



LIGHTS, LAUGHTER, AND BALLOONS

RELIVING CHILDHOOD AT THE FUN FAIR



Being a grown-up doesn't mean you can't feel like a kid again !

In the heart of the busy town, where the aroma of street food mingled with the vibrant colors of festive attire, I found myself immersed in the joyous chaos of the Dussehra Mela. It was a crisp autumn evening, and the air was thick with excitement and anticipation.

As I stepped into the lively fairground, the vibrant lights of the Ferris wheel dazzled against the night sky. Laughter and cheers filled the air as families joyfully hopped on and off the rides. The rhythmic beats of traditional drums accompanied the swirling lights, creating a rhythmic harmony that echoed the spirit of the celebration.

My gaze was drawn to the open-air Ram Leela stage, where the epic tale of Lord Rama unfolded before the audience. The actors, adorned in elaborate costumes, brought the ancient story to life with their performances. The crowd, young and old alike, sat mesmerized, immersed in the cultural richness of the age-old narrative.

Moving through the lively crowd, I amazed at the diversity of activities. Children with wide smiles grabbed cotton candy and popcorn as they eagerly approached the merry-go-round. Excitement bubbled as young couples shared whispered conversations against the backdrop of twinkling fairy lights.





A group of friends gathered around a tall, colorful stall where a skilled craftsman showcased his talent by shaping balloon animals. The sweet sound of giggles filled the air as children admired their newly acquired treasures.

Nearby, a small girl with a basket of balloons attached to her wrist approached a group of children struggling to whistle with toy whistles they had just bought. With a gentle smile, she demonstrated the technique, creating a chorus of laughter as the children caught on.



The stalls were adorned with bright baubles and glittering gadgets, capturing the attention of wide-eyed youngsters. As the night progressed, families strolled hand in hand, their faces painted with a shared happiness that transcended the mundane worries of daily life.

Amidst the joyous chaos, the aroma of delicious street food wafted through the air. The sizzle of frying snacks and the tempting aroma of spices beckoned, creating a tantalizing fusion of flavors. Families sat on colorful chairs, relishing the moment as they indulged in mouthwatering treats.



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As the night deepened, the fairground transformed into a magical realm, a wall-hanging woven with the threads of cultural celebration and communal joy. The Dussehra Mela, with its mixture of colors, laughter, and shared moments, became a living testament to the beauty of tradition and the unifying power of celebration. In the heart of the festivities, I found myself delighted by the spirit of togetherness that permeated every corner of the vibrant fair.



**As a traveler, I collect moments like
souvenirs – each sunrise, every
shared smile, and the unspoken
connections with strangers become
the gems in my travel treasure chest."**

- Yogita, A Solo Traveler



**My online friends, who I have never
met in person, supporting me like.**





सफलता की जड़ें

"जीवन के बाग़ में बड़ने और मजबूत होने का सफ़र"



एक समय की बात है, एक छोटे से गाँव में, एक बच्चा अपनी गर्मी की छुट्टियों में अपने दादा-दादी के पास गया। वह रोज़ अपने दादा के साथ खेलता था। एक दिन उसने अपने दादा से कहा, "मैं बड़ा होकर एक सफल आदमी बनना चाहता हूँ। क्या आप मुझे कुछ तरीके बता सकते हैं सफल आदमी बनने के लिए?" दादा जी ने मुस्कराकर सिर हिलाया और फिर उसे साथ लेकर नजदीकी नर्सरी में गए।

नर्सरी से उसके दादा ने दो छोटे पौधे खरीदे और घर लौटकर एक पौधे को एक मिट्टी के बर्तन में लगा और घर के अंदर रखा और दूसरे को बाहर के बगीचे में बोया। "तुम्हें क्या लगता है इन दोनों पौधों में से कौन बड़ेगा?" दादा जी ने छोटे बच्चे से पूछा। बच्चा कुछ समय तक सोचता रहा और फिर कहा, "घर के अंदर वाला पौधा बेहतर बड़ेगा क्योंकि इसे हर खतरे से सुरक्षित रखा जा सकता है, जबकि बाहर वाला पौधा कई चीजों का खतरा है, जैसे कि तेज सूर्य, तूफान, जानवरों आदि।"

दादा जी मुस्कराए और कहा, चलो देखते हैं भविष्य में क्या होता है।" इसके बाद बच्चा अपने माता पिता के साथ चला गया।



चार साल बाद बच्चा फिर से अपने दादा-दादी के पास गया। जब बच्चे ने अपने दादा जी को देखा, तो उसने कहा, "दादा जी, पिछली बार मैंने आपसे सफलता के तरीके पूछे थे, लेकिन आपने मुझे कुछ नहीं बताया। लेकिन इस बार आपको मुझे बताना ही होगा।" दादा जी मुस्कराए और कहा, "बिल्कुल, लेकिन पहले हम उन पौधों को देखते हैं जिन्हें हमने कुछ साल पहले लगाया था।"



इस पर दादा जी बच्चे को एक जगह लेकर आए जहाँ उन्होंने एक छोटे से पौधे को एक मिट्टी के बर्तन में लगा रखा था। उन्होंने देखा कि वह पौधा एक पेड़ बन गया था। फिर उन्होंने बच्चे को उस पौधे को दिखाने ले गए जिसे उन्होंने बाहर बोया था। वहाँ उन्होंने देखा कि वह पौधा एक विशाल पेड़ बनकर खड़ा हुआ था, जिसकी शाखाएँ लोगों को छाया देती हुई दूर-दूर फैली हुई थीं।



अब दादा ने बच्चे से कहा, "बताओ, कौन सा पौधा ज्यादा बड़ा है? कौन सफल हुआ?" बच्चे ने उत्तर दिया, "वही जो हमने बाहर बोया था, लेकिन दादा जी, यह कैसे हो सकता है कि उस पौधे ने इतनी सारी चुनौतियों का सामना किया और फिर भी वह इतना बड़ा हो गया?" दादा जी मुस्कराए और कहा, "हाँ, बाहर के पौधों को कई चीजें झेलनी पड़ीं, लेकिन समस्याओं का सामना करने का भी अपना लाभ होता है। बाहर के पौधों को अपनी जड़ें जितनी चाहिए विस्तारित करने का स्वतंत्रता थी। समस्याएं जैसे कि तूफान ने इसकी जड़ें मजबूत कीं। आज यह इतना मजबूत है कि एक छोटे से तूफान से कोई भी हानि नहीं हो सकती।"

बेटा, जो मैं बताने जा रहा हूँ, उसे हमेशा याद रखना, तुम जीवन में जो भी करो, वह तुम्हारे लिए सफल होगा। अगर तुम हमेशा आरामदायक चुनौतियाँ स्वीकार करोगे, तो तुम ज्यादा नहीं बढ़ पाओगे। अगर तुम हर खतरे के बावजूद इस दुनिया का सामना करने के लिए तैयार हो, तो कोई भी लक्ष्य असंभव नहीं है। कभी भी समस्याएं रुकावट नहीं, बल्कि उन्हें सफलता की ओर कदम बढ़ाने के रूप में सोचो।" बच्चे ने लम्बी सांस ली और पेड़ की ओर देखा और उसने अपने दादा जी के शब्दों को समझ लिया। उसने जीवन को उसके दादा जी के वचनों के अनुसार जीने का निर्णय किया।

EVERY COLOR
TELLS A STORY.



COLOUR ME!



FIND YOUR

balance

THE SPIRIT'S QUEST



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