

## magical mantras

## FOCUS ON SOLUTIONS



SHILPA J KANUNGO

**Q. I feel frustrated with my current circumstances in life. Personally and professionally I feel stagnated. My boyfriend is not ready to marry me and shows no commitment and loyalty in the relationship. He asks me to wait if I want. Professionally, I'm preparing for a competitive exam and not able to concentrate and focus on studies and fear I may not get the seat I desire.**

Sushmita Reddy, 25

Dear Sushmita,

What I see and hear is that currently your focus is studies. We will work on the Mantra for the same. Having a positive mindset is the most important factor to success and happiness. Reciting positive phrases about what you would like to see in your life or changes you want to make is all it takes. "I now chose to be focused in my studies as my high priority and accomplish desired results". Wishing you determination and focus.

**Q. I'm not successful in my job and have financial problems, so please send the affirmations.**

Prabhu Steeban

Dear Prabhu,

Thank you for expressing and seeking advice. Please do repeat this "mantra" daily as many times as you can. Also, remember a drop of water initially may seem harmless to the rock. In time to come it changes the shape. So, let the "Mantra" do its magic over a course of time. "I am highly successful in my job and all my financial needs are met every day" Wishing you success

If you want to know the right affirmations to resolve your problems, send your current situation and the outcome you are looking for, and mail it to Shilpa at [affirmations.deccan@gmail.com](mailto:affirmations.deccan@gmail.com)

Golden Luck

## HEALING PROPERTIES OF WATER!

The habit of offering prayer before consuming food and water has proven to be beneficial for the system. Simply say the Gayatri mantra 11 times and visualise that glass of water clear of impurities and bless it with healing properties. The same can be done for food and this blessed water can also given to someone who's not keeping well.



## Tap your emotions

Based on a simple formula, EFT, is your answer to deal with anxieties and unknown fears



RITALLI DHILLON

Emotional Freedom Technique or EFT is a simple and yet powerful alternative healing system which helps release stress and negative emotions, considered the underlying causes of new age maladies. EFT was developed by Roger Callahan in 1980 based on "Thought field therapy" which is rooted in ancient Eastern meridian energy theories codified since 1000 BC. It was subsequently modified and popularised by Gary Craig in 1997. The simple tapping technique along with specific statements helps the input of kinetic energy into meridian points in co relation to specific issues. This combination clears the short circuit in the body's bio-energy system thus restoring balance.

It is a form of non-invasive psychological acupressure, based on the same energy principles as used in traditional acupuncture. Psychologists and alternative healing practitioners have used this psycho therapeutic tool to heal physical, mental and emotional conditions. It is based on the premise that negative emotions cause disturbances in the body's energy field, and tapping with your finger tips on the meridian points, while focussing on negative emotions, can release unproductive stored memories and thought patterns, which have been causing blockages, thus altering the body's energy field and restoring bal-



-MCT

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ance.

We are the store houses of all our experiences, the liver stores anger, the kidneys reflect our fears. By tapping, we release the stored memories which are usually responsible for blocking the free flow of energies along the meridians. Although there is a greater awareness in regard to optimising our emotional health for physical well-being it is often

overlooked. No matter how diligent we may be in following dietary regulations and exercise disciplines, our body will not achieve its optimum healing and preventive powers if emotional barriers are blocking our system. Once the dysfunctional emotions, experiences and beliefs have been released our body automatically gravitates to higher wisdom, better health, happiness and peace.

EFT, also called the Tapping Therapy helps reduce the impact of negative thoughts rapidly and as we release the emotional and mental debris, the body's physical ailments start to fade away, freeing us from stress induced headaches, back pains, and other issues. It also helps us overcome phobias, fears, addictions, anxiety disorders and helps in weight loss and personal performances.

Athletes and actors are known to have used the Tapping Therapy to calm down performance nerves. Some international celebrities attribute their weight loss to the efficacy of this system. Important part of the therapy is calibrating the intensity of the prevailing issue whether physical or emotional by assigning it SUD (subjective unit of disturbance) levels thus allowing the therapist and the patient a tangible measuring scale.

Currently thousands of psychologists, psychiatrists, doctors, coaches, and individual users have adopted this simple yet remarkable practice for themselves, their families, clients and even pets.

EFT is very easy to learn and can be done anytime, anyplace for any issue. It will help you discover the vital secret of emotional wellness by allowing insights into your psyche, eliminating self-induced limitations, making paradigm shifts in your thought patterns, and thus facilitating the implementation of positive goals.

Though EFT has a spectacular success rate, it is not a panacea or a substitute for medical treatment.

The writer is a chakra healer. Send your queries to Ritalli at [selfdecoder@gmail.com](mailto:selfdecoder@gmail.com)

## ANCIENT WISDOM

## It's time to discover your real self



MANASI RAINA

I want to know if am suited for love marriage or arrange marriage, business or service, and when would be the right time for both to do? I am confused about my career choice and so far nothing has materialised for me. Please advise.

Sankalp, DOB (18-07-1987)

As per you date of birth your personality number is 18+7+1987=5...It reflects a sensitive person who

likes the pace of life to be slow and steady and someone who enjoys being surefooted. The energies of the year 2011 for you represent number 2 and once again ask to listen to your own gut feeling while making decisions. The year 2012 on the other hand inspire new visions and creative approaches to the mundane.

**Career Runecast:** Berkano advises you shall reap the returns from your education and suggests it is time to acquire more knowledge. The rune Nauthiz counsels you to plan carefully and acquire appropriate skills for the career you desire. Just as a fruit doesn't blossom before the right season there is still more effort needed from your side. Patience is the key for now. A reversed Othala suggests possibilities of your going contrary to family norms and being on your own career path in the time to come. Believe in yourself!

**Love Runecast:** Still a lot is unknown,

fate is yet to reveal itself and you are still on your journey to discover your true self and what you may desire from a life partner. Reversed Kaunaz signifies keeping an open mind and advises you to not go into a shell. Do not get married for the heck of getting married or have a relationship for the sake of superficial reasons rather seek a meaningful relationship with a like-minded companion. If you have suffered a broken heart in the past please know this is a phase for you to discover your own self. Sometimes, being alone facilitates deeper clarity for one's self. In matters of marriage the Runes encourage you to make up your own opinion regardless of any pressure. Keep the faith!

The writer is a runes expert. Runes are an ancient Germanic alphabet, used for divination and guidance. Send your queries with DOB, and your contact details at [selfdecoder@gmail.com](mailto:selfdecoder@gmail.com)