

acupuncture practitioner, Tapas Fleming. Jasmine Bharathan, whose expertise and experience as a skilled, sensitive, and informed therapist, were self-evident, led participants through the steps of TAT, helping resolve many issues. One gentleman who had earlier complained about a traumatic event, found himself completely at peace with it. Jasmine also imparted insights into Emotional Freedom Therapy (EFT).

### All about chakras

Mr Jiten Bhatt, who was to have taken a workshop on Pyravastu was hospitalised and was unable to attend. In his place we offered two workshops: Aura scanning by Diivyaa Sharma and healing chakras by Nithya Atma Maneeshananda.

Diivyaa Sharma started her session by explaining the seven major chakras of the human body and the concept of aura.

The participants were spellbound when Diivyaa used audiovisual aids to demonstrate live videos of a healing session, which had been captured through biosensors that actually showed energy being transmitted from the healer to the recipient. Children below 10 years of age, she said, are known to have the purest form of white aura. A red aura shown in an aura scanning report would be typical for a youth who is dynamic, creative and always on the go.

Shri Nithya Atma Maneeshananda of Nithyananda Dhyanapectam conducted the meditation session for healing chakras.

The session began with Shri Maneeshananda explaining the major

Diivyaa Sharma on auras



chakras and their position in the human body. He also conducted a short simple meditation that was a mesmerising experience for the participants. They reported coming out of it feeling highly invigorated and refreshed.

### Simple but profound

"Read a little, meditate more and think of God all the time."

This was the advice that his guru Paramahansa Yogananda gave Roy Eugene Davis. That is also the message he conveyed in his talk on the topic of Kriya Yoga, delivered in his trademark lucid and endearing style with interest-



Roy Eugene Davis on kriya yoga

ing anecdotes.

He also stressed on the importance of yama (don'ts) and niyama (dos) in yoga practice. Later, he demonstrated a few simple meditative Kriya Yoga techniques for the benefit of the audience. "It is the simple techniques, when practised correctly and regularly, that yield the best results," he emphasised. He also pointed out the importance of steadfastness in spiritual practice.

### Manifest your visions

What is the secret of getting what you want? Very simple. Simply 'ask' for it! From earning a better income, having a fulfilling personal and professional life, owning a home or acquiring other material possessions, we harbour a plethora of desires and dreams, but never realise any of them, because we have not mastered the art of asking.

Personal growth workshop leaders



Manoj and Najoo: make your dreams come true

Najoo Sohonie and Manoj Lekhi of SSY led participants through an enchanting three-hour session on how to tap the power of intention to create the life of our dreams.

Extrapolating the role of intentions in wellness, Sohonie and Lekhi said that the body, mind, and spirit are dynamically interrelated. In an interactive session, Najoo Sohonie and Manoj Lekhi brought to surface some of these roadblocks and demonstrated proven techniques to manifest our desires.

### Healed relationships, transformed beings

"Your greatest guru is the one who causes the maximum trouble in a relationship," declared the gentle but powerful Sri Samadarshini, Director, Oneness University.

A human being has five primary relationships: with parents, spouse, children, self, and God. Of these the relationship with the spouse is the most complex and demanding. A common cause for the deterioration in marriage is the unresolved hurt engendered between the partners. Her guidelines for resolving hurts and healing relationships include acceptance of the situation, looking at the other in the eye when he/she speaks, feeling for the other and experiencing their pain (pray for strength, she advised) and finally response (not reaction). Sri Samadarshini's mantra for healing relationships: "Put the other person's happiness before yours. True love