



Number game

'Place a bowl of water near bed'



RABIA KOCHAR

Q Dear Rabia, I was diagnosed with lupus in April 2012. I have been consulting my doctor for the past two-and-a-half years. It has reached a point when I have begun to question my own mental health. This is creating a lot of problem for me mentally and physically. Please guide.

Name withheld on request

Dear friend,

Less water intake and hydration is the reason for you to feel exhausted and stress is also adding up which is making your recovery even worse. Please make sure you consume at least four litres of water everyday, this will help you flush all your toxins and hydrate your system well.

Place a bowl of water on your bedside and your office table – change this water every day

mukhi unpolished rudraksha in a glass of water, soak it overnight and drink this water first thing in the morning. Do this atleast for two months everyday and then change the rudraksha and continue for life if you feel better.

The writer is a coffee cup reader, numerologist and rudraksha therapist. Send in your DOB and query at selfdecoder@gmail.com

Feng Shui tips

For a harmonious relationship with your partner, fill a small bowl with uncooked rice and top it with a shake of sea salt; salt and rice are considered the ultimate negative energy absorbers. Place three clear crystals atop the salt so that they form a triangle, and place the bowl under your bed for nine to 49 days.



Screen your emotions

V All big and small diseases were your emotions once upon a time which you ignored or suppressed in your body. Shocking as it sounds, it's a fact that certain emotions can have bad effect on us.

We all have been through tough times and we all carry emotional baggage from our past, whether it is a painful childhood, loss of a loved one, failure, guilt, break-ups or any kind of physical or sexual trauma. But we least expect it to have a long-lasting effect on our health.

Our physical body has a subtle energy body, and anything that happens in our physical body, first passes through the subtle body. This energy in the subtle body then takes a physical form.

Secondly, place a bowl of water on your bedside and your office table — change this water every day. Use a lot of water-based images in your surroundings. Surround yourself with a lot of water, lake, beach images, etc. Place a five

mukhi unpolished rudraksha in a glass of water, soak it overnight and drink this water first thing in the morning. Do this atleast for two months everyday and then change the rudraksha and continue for life if you feel better.

Stored negative emotions create blockages in the flow of energy in our bodies

rent has lighter, softer vibration, while the negative one has dense, heavy and slow vibration. And the quality/type of vibration decides the effect of it on our body. Dr David Suzuki explains that condensed molecules from breath exhaled from verbal expressions of jealousy, hatred and anger, contain enough toxins in an hour to kill 80 guinea pigs.

And why not, after all, emotions are such strong entities, positive emotions strengthen your body, while negative ones weaken it. And gradually these stored negative emotions create blockages in the flow of energy in our bodies to form deadly diseases. Bitterness, pride, hard thoughts, deep hurt, deep secret and long-standing resentment cause deadly diseases. So every emotion you are experiencing is affecting your body in a positive or negative way.

The choice is yours, if you want to cling to positive emotions or negative ones. Another aspect is when we are confronted with a negative situation or a person, we tend to hold on to ourselves, behave in a certain way, and think we handled the situation well and things are under control. No, you have just suppressed your true feelings

by diverting your mind. You feel you have controlled how you felt, but the energy of it is still at work. Which is now working on your subtle body, and unless attended to or taken care of, it will effect your physical health.

Daily meditation, engaging with nature (like walking barefoot on grass), sea salt bath, laughter therapy, physical exercise and staying in the company of positive and inspiring people can help reduce emotional blockages.

Most importantly, be watchful of what and how you are feeling in certain situations, don't suppress your feelings, instead witness them and try to turn them into positive ones. Remember our body is the mirror of what feelings we carry. You are more precious than to have to pay the price of holding on to people, situation and emotions that were not of positive value in your lives.

The writer is a clairvoyant and life counsellor

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Suppressing emotions whether it's anger, hurt or resentment isn't good for your overall health

POSITIVE THINKING

'Use positive affirmations to lift energies'

Q Dear Mani, I am going through a tough time. My baby girl was born on November 12, 2012. She is suffering from cerebral palsy. I am trying all treatments but with not much results.

Priyanka Secunderabad

Dear Priyanka,

As I tune into your daughter, I immediately sense that she is an evolved spirit or an ascended being. She has chosen this particular life-time presented with health challenges for a reason. It does not mean that her situation cannot be improved. I recommend a nutri-



MANI GOEL

tious plant-based vegetarian dietary plan comprised of fresh fruits, vegetables and natural anti-oxidants.

Supplement her medical treatment with alternative therapies such as Angel Therapy, reiki, spiritual healing, energy medicine such as pranic healing, acupressure, etc.

Use positive affirmations, uplifting music, chants such as Gayatri mantra around her to lift her energies. Safeguard

her from harsh environment and crowds. Invoke Archangel Raphael (Archangel of Healing with dark green, emerald like aura) and Archangel Metatron (a powerful spiritual guide for spiritually advanced children) to comfort your daughter and heal her. The gentle energies of these powerful angelic guardians would help her gain physical strength and provide a protective shield around her. Chant "Om Suryaye Namah" a minimum of 108 times daily for her good health and vitality. You may even do this chant over a glass of drinking water and then give this water to Suhani to drink. Continue to do this for 4-5 weeks and let me know if her situation has improved.

The writer is an author, spiritual healer and teacher. Send your queries at selfdecoder@gmail.com