

Self-service

## A DOG'S BETTER THAN BOTOX!



REKHA SHETTY

✓ All of us would like to die young at a ripe old age. To be active and enthusiastic till we check out on our way to our eternal home, is what everyone wants.

Guide dogs for the blind have been known for years. But now, it is found that a pet of any kind — dogs, cats, rabbits or even goldfish — can cure loneliness, reduce stress, encourage play and physical activity. One thing you can do right away, is invest in a loving, pet dog. Go and find a cuddly, playful puppy to pep up your golden years. Many of the studies refer to people over 65 years of age.

To start with, having a dog makes you physically more active. Many dog lovers take their pets for regular walks, giving them a much needed daily dose of exercise. Playing with a fun-loving dog, especially with a ball, can bring in endorphin-inducing play into the lives of senior citizens.

The unconditional love a dog gives certainly improves one's feeling of well being. The empty nest syndrome suddenly vanishes. A study by Dr Zhiqiang Feng, of the University of St. Andrews, reported an immediate effect on the mental health of the dog lovers. Other studies has shown that those living with these loving creatures have fewer symptoms of depression, lower blood pressure, pulse and heart rate.

The company of animals increases social interaction with others especially during walks or visits to the vet. The elders who own dogs seem less concerned about personal safety since the dog provides good, live security. Elders report feeling happier, more brisk and more loved. Even spending a few hours with a pet dog which belongs to someone else provides significant health benefits.

The icing on the cake is that a dog owner over the age of 65 acts 10 years younger than his age! A dog seems to be a better investment than Botox!

Dr Rekha Shetty is the author of Innovation Sutra

### Feng Shui tips

Ever wondered what colour plates you should use at home? There are no set rules, one should go for colours you're drawn towards, but they say white plates, mostly round ones, is the best energy foundation for the beauty and nourishment of the food that is served on these plates. You will notice that good restaurants always use white plates.



# Cleanse your spiritual self

Everything one is suffering from or making others suffer is a sign of spiritual contamination. Spiritual cleansing is the first step toward living a balanced and peaceful life



PRIYANKA VASHISHTH

✓ We are aware that we have our mental, emotional, physical and spiritual sides which together make us who we are. We are constantly working to achieve a state of balance or trying to improve on these sides, for instance, to achieve mental satisfaction or growth, we keep ourselves updated with what's happening in the world. For our emotional happiness, we try to maintain relationships, socialise and do things that make us happy. In case of our physical self, we exercise and eat healthy. And for our spiritual self, we try to follow virtues like helping and not hurting others. Everybody, according to their state of evolution and experiences, focuses on either mental, emotional, physical or spiritual aspect, but the fact is it's the spiritual self that binds all the three sides to us.

Spiritual self is unseen and provides our physical self with intuition or knowing things beyond our five senses.

Spiritual self is the core of our existence, thoughts, perceptions and our knowing. Spiritual self is the drive behind each action and thought that makes us who we are.

Because of several reasons our spiritual side often becomes weak, fragile and dirty. From addictions to bad temperament, laziness to rudeness, cheating to fears... everything you are suffering from or making others suffer is a sign of spiritual contamination.

Reasons for this contamination can be many: not proper conditioning by parents in growing years, being surrounded by negative people, being subject to extreme situations, your lifestyle or past life karma. If we all work on our spiritual selves we would have proper guidance or internal knowing of leading a balanced and peaceful life.

We can be happy only when we are at peace. No amount of power (mental), or physical beauty or money (physical) and people or relationships (emotional) can bring us happiness if we are not at peace with our inner self (spiritual).

We may follow these steps to cleanse our spiritual self and

make ourselves a clean slate to attract the exact energies you need to bring in peace and happiness in all areas of your life.

■ **Do salt therapy** regularly: Bathe with two tablespoon of sea salt in your bucket of water before taking a regular shower. Pour it six inches over your head affirming that all the problems in your life are removed and dissolved from your aura. You may bathe with normal water after this ritual. Do not forget to have a glass of milk or juice after salt water bath.

■ **Meditation** is one of the most important steps in spiritual cleansing. Sit by yourself in a room with dim lights, using incense or essential oils like lavender. This can bring back the freshness in your inner self.

■ **De-clutter** the space around you and also empty your mind of old,

active stored thoughts and beliefs.

■ **Nature** has intense healing qualities, so spending time in parks, around lakes or any natural habitat brings you closer to your inner self.

■ **Doing positive affirmation:** Reassure yourself with positive thoughts again and again. This brings in change in your brain at sub-conscious level, which ultimately brings change in your outlook.

■ **Writing** down your thoughts on paper helps you reflect for better assessment of self.

Spiritual self is the internal sense of feeling contentedness at being something greater than our individual selves. The more aware and healthy we are at our spiritual self, the more we tap into a greater part of who we are.

It provides us with information about our spiritual purpose and guides us on what actions need to be taken to carry out the same. Soon, we start listening to our inner compass, which ultimately is the core reason of contentment and peace.

The writer is a clairvoyant and life counsellor, she uses various methods to help people attain balance. selfdecoder@gmail.com



## TAROT GUIDANCE

# 'Don't surround yourself with problems'

Q Dear Pampaa, I live in a duplex house and ever since we moved in, there has only been an outflow of things, no inflow. I am going through a low financial phase, and wonder if things will change for the better. Please tell me if there are any good days ahead for my family and me.

G. Kamaraju  
D.O.B 29.06.1954

Dear Kamaraju, It's not about the house, it's about the time in your life. Everything will be fine from December 2014.

**Divine Guidance:** For these four months, have minimum interaction with others. Do not share your problems



PAMPAA GHOSH

with anyone. The more you think about and discuss it, the more it will surround you. Think positive and rest assured it's only a matter of time.

Q Dear Pampaa, Please let me know which business stream would be suitable for me as my career has been faltering for sometime. My health too has not been great lately. Earlier, I worked with a bank and around six years ago, I started my own business of telecom contracts

and civil constructions. I need guidance about what business venture I should concentrate on. I want mental peace too.  
I. Ashveen  
DOB: 18.05.1977

Dear Ashveen, You should do business in anything related to law and compliance. Businesswise and healthwise you would have started feeling better July 2014 onwards. Your stars have changed for the better since July. So don't worry. **Divine Guidance:** Visit a Buddhist temple everyday for two weeks, and offer dark orange clothes to the priests of that temple.

The writer is a Tarot expert. You may send in your query along with name and DOB to Pampaa at selfdecoder@gmail.com