

Self-service

Sleep, relax and reload



REKHA SHETTY

✓ Napoleon could nap briefly on his horse and wake up fully refreshed. Those who are blessed to be able to take such naps throughout the day are gifted. It is the secret of their enduring energy. However, scientists say that one out of every three adults experience trouble sleeping and these days, many hospitals have been facilitating sleep clinics.

Millions of people, regularly, are popping sleeping pills to get some rest. So, what is it that is causing so many people to lose their sleep? Among the culprits are late night electronic distractions including social media, worries about financial status and obesity.

While adults require 7-9 hours of sleep, one in three suffers from lack of sleep. Such deprivation can make many conditions like diabetes, heart disease and depression worse. So what can you do?

Take short naps. Even 10-20 minutes of sleep can improve your mood. The biological clock dips in the early afternoon. Studies show that people who take regular mid-day naps are over 30% less likely to die of heart disease. Studies from Germany show that one hour of napping can dramatically improve memory too.

Slow down, and relax a couple of hours before sleeping. Movies inflicting terror or horror, angry debates and disturbing television programmes should be avoided.

The world today puts us in a state of hyper arousal due to over-stimulation. Hence, learn to quiet the mind through *pranayama* and meditation. Use your bedroom to sleep and rest only, and avoid placing a television set there. Just like you wash and change your clothes to get ready for bed, sweep the mind of all disturbing thoughts. A warm oil massage and a bath using aroma therapy oil can be included to enhance rest.

Dr Rekha Shetty is the author of Everyday Happiness Mantras

dream check

To see an umbrella in your dream symbolises emotional security. You are putting up a shield against your emotions and are trying to avoid dealing with them. If the umbrella is leaking or broken, then it indicates that you are unprepared for facing your problems.



You are unique, born for a special life purpose. Don't confuse your life purpose with that of another and don't judge your achievements by the standards of the world



BE YOUR TRUE SELF



PRIYANKA VASHISHTA

✓ As Shams of Tabriz exclaimed to Rumi, "Where are our fathers and mothers, whose seeds are we, and how close are our children who are born to us, even the wives/husbands we share our lives with?"

Don't bluff yourself by believing that you are this body. This body is yours but you are not this body. Unaware, we run after something and somewhere — a position or a tag that we desperately want to display to society in a bid to prove ourselves. Dear friends, most people around here are filled with the misery of unawareness. Do you think any worldly achievements could give them any light?

We all start comparing ourselves and our achievements with others, without realising that we are

unknowingly living their lives! You are unique, born for a different life purpose. Don't confuse your life purpose with that of another. We all need to make special and unique contributions to the world, and this can happen only when we are truly ourselves.

Whatever we achieve or do is just for us. Don't judge your achievements by the standards of the world. In fact, judge your achievements by the amount of peace and happiness you feel each day, when you wake up and before you sleep. If you don't possess a brilliant job or an amazing house in a posh colony, or if you don't have fame equivalent to the talent you have, don't lose heart. If getting the best job package was the point of living, then why are most people in high positions not at peace? And if finding a life partner meant happiness,

then why would the divorce rate have risen so much?

If you are a musician, sing from your soul. Serve this world with the greatest music you can create. Don't sing for fame, as you might get disillusioned once you start climbing the ladder of success. You might lose a lot more than you think in this journey. In fact, be so true and authentic that fame comes running to you. The crowd runs after new and unique things. If you copy others or manipulate to gain fame, all you create will be castles of sand.

Dare to stand out in the crowd. Listen to what your soul has been whispering to you

It's not wrong to enjoy the pleasures this world offers, but not at the cost of your true self. Dare to stand out in the crowd. Listen to what your soul has been whispering to you. Calm your mind and tame it. Your mind has the power to give you the best excuses and make you believe what

it wants you to believe. Live each moment with perfection and you will see that you can create astonishing results even with the smallest act. Stop moulding your powers to suit the world, instead create history by being your authentic self.

I would like to share a few lines here:

*Sukoon agar dhan aur daulat se milta,
Toh kyon mar mite Heer-Ranjha.
Sukoon agar takhte taj se milta,
Toh kyon Buddha chhod gaye ghar-baar,
Sukoon toh sirf ek labz hai,
Jaan jisme inaati hai, sirf sache pyaar se.
Haan, yeh pyaar koi aisa vaisa nahi,
Yeh toh mohabbat-e-junoon hai khuda se,
Jo rahte hain, khud ke dil mein aur dil mein yaar ke.*

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

MAGICAL MANTRAS

'Say 'Yes' to your soul and your dreams'

Q Dear Shilpa, I have completed my B.E in IT. I plan to go to the USA to pursue my MS and wish to fly in August to attend the fall semester. However, I am worried that my family members might stop me from going there as they are not interested in my further studies and are thinking of my marriage. But I am totally not interested, not because I am in love but because I want to do something on my



SHILPA M MENON

own. I want to study further and settle well and make my parents proud. Please help me.

Priyanka

Dear Priyanka, I am glad that you have clarity about pur-

suing your studies further. It's important that you learn to say 'No'. Sometimes when we say 'No' to something, we say 'Yes' to our soul and our dreams. Your Mantra/s: "I choose to stand in my truth, express my desires lovingly and pursue my goals with determination." "I am worthy of all good things in life and universe supports me lovingly."

If you want to know the right affirmations to resolve your problems, send your current situation questions to Shilpa atselfdecoder@gmail.com