

WORLD OF WISDOM



**Light the lamp of wisdom
Dispel the darkness of ignorance**

Happy Diwali



Diwali is India's biggest and most important holiday of the year. The festival gets its name from the row (avali) of clay lamps (diya or deepa) that Indians light outside their homes to symbolize the inner light that protects us from spiritual darkness. Diwali, also called Dipawali or Deepawali, is celebrated every autumn, around the new moon between the Hindu months of Asvina and Kartika. The holiday is celebrated on different days every year, because the Hindu religious calendar is a lunar calendar, while the secular calendar used by most civic and national organizations is a solar calendar. Diwali usually falls in October or November.

Diwali originated as a festival that marked the last harvest before winter. India was an agricultural society where people would seek the divine blessing of Lakshmi, the goddess of wealth, as they closed their accounting books and prayed for success in the new financial year. Today, this practice extends to businesses all over the Indian subcontinent, which mark the fourth day of Diwali as the first day of the new financial year. Indians celebrate with family gatherings, glittering clay lamps, festive fireworks, strings of electric lights, bonfires, flowers, sharing of sweets, and worship to Lakshmi, the Hindu goddess of wealth, fortune, and prosperity. Some believe that Lakshmi wanders the Earth looking for homes where she will be welcomed. People open their doors and windows and light lamps to invite Lakshmi in. Over the centuries, Diwali has become a national festival that is enjoyed by most Indians regardless of faith: Hindus, Jains, Buddhists, and Sikhs. The Hindu Diwali story has variations across India, all involving deities and demons, kings and karma. In all interpretations, one common thread rings true—the festival marks the victory of good over evil. In North India, people celebrate the story of Rama's return to the ancient city of Ayodhya after he defeated Ravana by lighting rows of clay lamps. In South India, people celebrate Diwali as the day Krishna defeated Narakasura. In western India, the festival marks the day that Vishnu sent Bali to rule the netherworld. Non-Hindu communities have other reasons for celebrating the holiday: In Jainism, it marks the nirvana or spiritual awakening of the spiritual leader Mahavira in 527 BCE. In Sikhism it marks the day that Guru Hargobind Ji, the Sixth Sikh Guru, was freed from imprisonment.

Spiritual significance of Diwali

The spiritual significance of Diwali Beyond the lights, gambling, and fun, Diwali is also a time to reflect on life and make changes for the upcoming year. With that, there are a number of customs that revellers hold dear each year. Give and forgive It is common practice that people forget and forgive the wrongs done by others during Diwali. There is an air of freedom, festivity, and friendliness everywhere.

Rise and shine Waking up during the Brahmamuhurta (at 4 a.m., or 1 1/2 hours before sunrise) is a great blessing from the standpoint of health, ethical discipline, efficiency in work, and spiritual advancement. The sages who instituted this Deepawali custom may have hoped that their descendants would realize its benefits and make it a regular habit in their lives. Unite and unify Diwali is a unifying event, and it can soften even the hardest of hearts. It is a time when people mingle about in joy and embrace one another. Those with keen inner spiritual ears will clearly hear the voice of the sages, "O children of God unite, and love all." The vibrations produced by the greetings of love, which fill the atmosphere, are powerful. When the heart has considerably hardened, only a continuous celebration of Deepawali can rekindle the urgent need of turning away from the ruinous path of hatred.

Prosper and progress On this day, Hindu merchants in North India open their new account books and pray for success and prosperity during the coming year. People buy new clothes for the family. Employers, too, purchase new clothes for their employees. Homes are cleaned and decorated by day and illuminated by night with earthen oil lamps. The best and finest illuminations can be seen in Bombay and Amritsar. The famous Golden Temple at Amritsar is lit in the evening with thousands of lamps. This festival instills charity in the hearts of people, who perform good deeds. This includes Govardhan Puja, a celebration by Vaishnavites on the fourth day of Diwali. On this day, they feed the poor on an incredible scale.

Illuminate your inner self The lights of Diwali also signify a time of inner illumination. Hindus believe that the light of lights is the one that steadily shines in the chamber of the heart. Sitting quietly and fixing the mind on this supreme light illuminates the soul. It is an opportunity to cultivate and enjoy eternal bliss.

From darkness unto light: In each legend, myth, and story of Deepawali lies the significance of the victory of good over evil. It is with each Deepawali and the lights that illuminate our homes and hearts that this simple truth finds new reason and hope. From darkness unto light—the light empowers us to commit ourselves to good deeds and brings us closer to divinity. During Diwali, lights illuminate every corner of India, and the scent of incense sticks hangs in the air, mingled with the sounds of firecrackers, joy, togetherness, and hope.

- Shikha Wadhwa

Crystals and its healing power



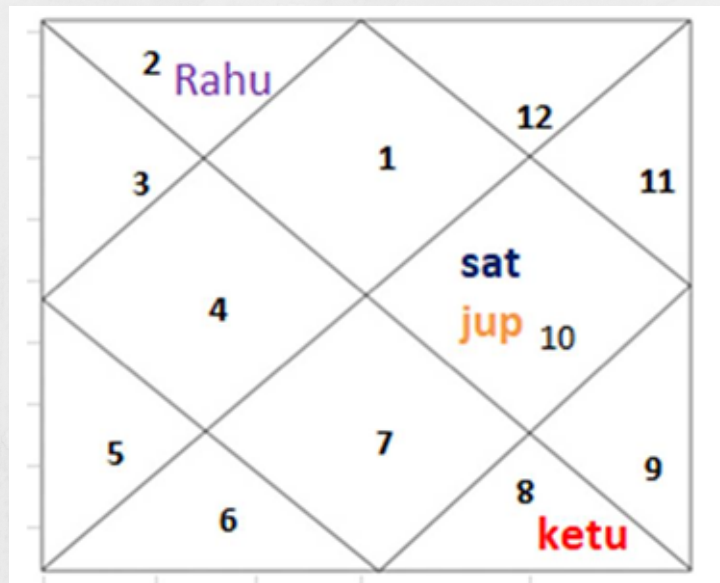
When one talks about the world of alternate therapies, the usage of healing crystals probably tops the list. For the uninitiated, crystals (fossilized minerals) are believed to contain several healing properties. From bringing peace to the mind to fighting depression, the list seems to be endless. A lot of celebrities are using them and vouching for their efficacy. They have also been used in ancient forms of medicine and by priests to align the body chakras. And now, using crystals as an effective form of practicing self-care is becoming incredibly popular.

Scientifically, there is no science backing to the power of crystal healing in treating or curing conditions. However, using healing crystals can be very relaxing as they induce a sense of relaxation in the environment. But, do they actually work in treating medical conditions?

How do they work? According to experts, crystals act as a power hold for healing as they allow positive, fruitful energy to flow into the body and do away with the negative, toxic energy. Like other forms of alternative therapy, crystals work by channelizing your energy levels, thereby, focus on healing your body from the inside. Crystals also carry the power to induce a placebo effect in the body, which is scientifically proven to help medical treatment. These healing rocks and crystals have their particular vibration and frequency, which arise from their molecular composition. From the way they move and interact, these vibrations and energies work in benefiting and uplifting our mood, mind, and health in a considerable manner, often in the way essential oils and aromatherapy work. Acting like a magnet, it can absorb the negative energies and welcome fresh vibes. Since they are all naturally extracted, they harness the energies of the sun, moon, and oceans (all-natural healing energies) to improve our state. When you place or hold a crystal over the body, it interacts with the body's chakras and promotes physical and mental wellness. Used in a certain way, it can also improve your concentration and creativity. It can also promote physical, emotional and spiritual cleansing. Crystals vibrate at the same pitch as humans and maximize the healing abilities we already have. Because of this comforting feeling, when you place a crystal on the body, it helps you connect better and feel at ease. Balancing crystals can also help match the misaligned energy levels. How to use them? Which stone is the best? Each healing crystal carries its own properties and powers. Depending on their benefits, you can use a healing rock to naturally heal yourself and remove stress and negativity. Some of the most commonly used stones include amethyst, rhodonite, opal, and rose quartz. Amethyst has been found to hold powers which are extremely beneficial for the intestines and digestive troubles. Stones like green aventurine is good to promote cardiac wellness while healing rocks, like yellow topaz clear up mental blocks and provide clarity.

How Transiting planets Influence You?

- Acharya Er. S.K.kohli (Senior Astrologer & Mentor, World of Wisdom)



Below are few general predictions for nearly next 18 months based on changing transit of Rahu-ketu (20 Sep. 2020 onward) and Jupiter(20 Nov.2020 onward) for various Ascendants/moon sign/Sun sign.

5. Leo- There appears main focus on career, fixed asset and working environment. Rahu in 10th house may give changes in profession especially in Feb-march 2021 with place or working environment change. Those focussing abroad may have better chances before Sep 2021. There may be great time in professional uplift in Nov 2021. Old persons shall have good time for pilgrimage and female members must take precaution in March 2021 while male persons in Nov 2021. On health front there may be more focus on anus/uterus/knee areas with sudden foot problem in October 2021.

6. Virgo- This is best time for those connected or want to be connected with education. This transit tenure may take you for higher study abroad. Those who wish to open profession and searching area where to start may find them best suited with education or religious matters and places. There may be great concern for parents specially father/son in June 2021. On health front keep guard on lungs/chest/arm pain. Married persons should take care in handling relations especially in Sep 2021 as arguments may flare the situation. Be safe while driving or crossing road.

How Transiting planets Influence You?

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7. Libra- This transit induces for secret acts focussing on luxury, property and inheritance. The money or wealth may be obtained from unexpected sources like in law family/Insurance/asset jointly owned with spouse. However main focus may be property exchange or buy new property. Students awaiting degrees since long may succeed in this transit. Keep guard on spouse health specially March 2021. Travel to foreign country may be successful in April 2021. On health front keep watch on teeth/urinary system and large intestine. Avoid abusive language as you may go rash in speech. This is period for great precaution for females as few may fall in trap by being intoxicated and deceived by lovers especially Feb 2021 later half.

8. Scorpio- These transits mainly focus on movement to far place for earning leaving behind family. This may cause concern for children and parents but spouse shall understand situation and may support. A little wise step by appreciating her especially during 18 Feb 2021 to 6 March 2021 may bring smile on your face. The areas for profession focus are communication/digital marketing/touring jobs/travels/speech and education. One thing is sure that you may not get time for family and few may move away from home place and visit weekend only. On health front thigh and blood pressure due to strain indicated specially Dec 2020. You may be blessed with good earning in May June 2021.

Above are general results and those who wish scientific and detailed annual report for 2021 may contact **Dr Ajay kumar on 9810747142** for detailed query.

(To be continued in next issue....)

Vaastu tips

by Himanshu

- * वास्तु की मानें तो उत्तर या पूर्व दिशा में की गई जल की निकासी आर्थिक दृष्टि से शुभ होती है।
- * घर में तुलसी का पौधा पूर्व दिशा की गैलरी में या पूजा स्थान के पास रखें।
- * दक्षिण-पूर्व दिशा के कोने में हरियाली से परिपूर्ण चित्र लगाएं।
- * संत-महात्माओं के चित्र आशीर्वाद देते हुए बैठक में लगाएं।
- * घर में सप्ताह में एक बार गूगल का धुआं करना शुभ होता है।
- * घर में सरसों के तेल के दीये में लौंग डालकर लगाना शुभ है।
- * हर गुरुवार को तुलसी के पौधे को दूध चढ़ाना चाहिए।
- * मकान में 3 दरवाजे एक ही रेखा में न हों।
- * हर गुरुवार को तुलसी के पौधे को दूध चढ़ाना चाहिए।

Knowledge of the month

“मानव विकास के दो चरण हैं - कुछ होने से कुछ ना होना, और कुछ ना होने से सबकुछ होना। यह ज्ञान दुनिया भर में योगदान और देखभाल ला सकता है।” ~ श्री श्री रवि शंकर

Human evolution has two steps -from being somebody to being nobody;and from being nobody to being everybody.This knowledge can bring sharing and caring throughout the world. ” ~ Sri Sri Ravi Shankar



- बेकार बची टी-बैग्स का इस्तेमाल कर सनबर्न द्वारा जली, रूखी व काली पड़ी की समस्या को दूर किया जा सकता है। इसके लिए कुछ टी-बैग्स को ठंडे पानी में डुबोकर चेहरे पर हल्के हाथों से दबाकर रखें। 10-15 मिनट के बाद इसे हटा कर चेहरे को ताजे पानी से धोएं। यह सनस्क्रीन लोशन की तरह काम करेगा। ऐसे में सनबर्न से खराब हुई स्किन को साफ कर गहराई से पोषित करेगा। पिंपल्स, दाग-धब्बे, झाइयों व झुर्रियों की समस्याएं दूर हो ठंडक का अहसास होगा। साथ ही स्किन दिनभर फ्रेश नजर आएगी।
- हल्दी को दूध में उबालकर पीना एक बेहतरीन कॉम्बिनेशन है क्योंकि दूध प्रोटीन का बेस्ट सोर्स है जो घाव को भरने में मदद करता है और हल्दी में ऐंटी-इन्फ्लेमेट्री प्रॉपर्टीज होती हैं जो मसल्स में सूजन और जलन में राहत दिलाती हैं। हल्दी में कवर्क्यूमिन भी होता है जो की एक स्ट्रॉन्ग ऐंटीऑक्सिडेंट है जो इम्यून सिस्टम को मजबूत बनाने में मदद करता है।

Our Star Performers of the month



Ms Mahima



Ms Alka

For Exceptional growth in reiki healing

बालों की समस्या: कारण एवम समाधान

- सीमा शर्मा (योग गुरु / रेकी मास्टर हीलर)



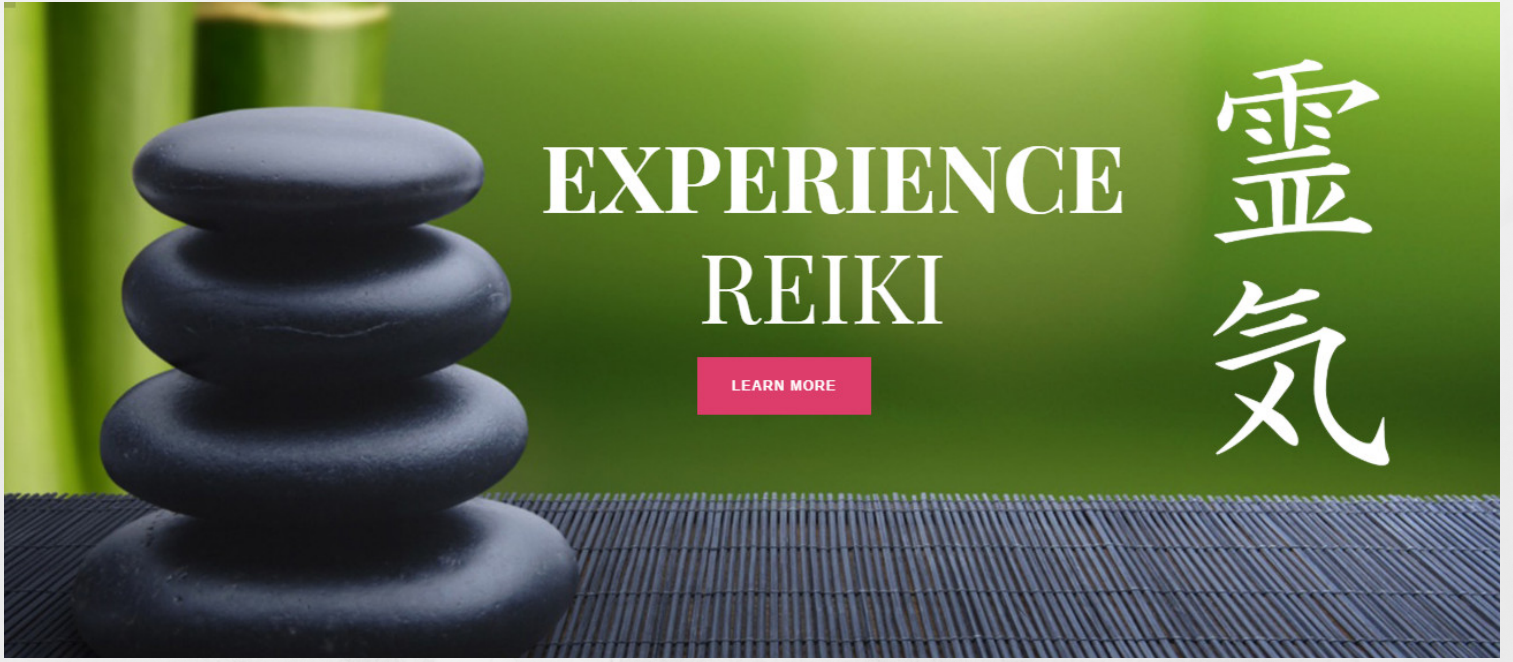
हर व्यक्ति लम्बे ,घने और मज़बूत बाल चाहता है ,चेहरे की आभा में बालों का योगदान होता है आज के समय में हर एक वर्ग और हर एक उम्र में बालों की समस्या बढ़ रही है ।

बालों के झड़ने के कई कारण होते है।

- १.आयुर्वेद के अनुसार , वात पित कौफ़ का बड़ा होना।
- २.भोजन में पोषक तत्वों की कमी।
- ३.तनाव भरी जिन्दगी, दैनिक दिनचर्या में तनाव।
४. प्रदूषण की वजह से।
५. हेयर ड्राई बालों पर कैमिकल का ज़्यादा प्रयोग करने से।
६. पानी में क्लोरीन का मात्रा का बढ़ा होना।
- ७.होर्मोनल इम्बैलन्स।

हेयर फ़ॉल के इलाज:

१. सप्ताह में दो बार किसी भी तेल से जड़ों में मालिश करें।
२. भोजन में पोषक तत्व ले जेसे- विटामिन C, E,B12,D3, प्रोटीन, आयरन, मिनेरल्स ले।
३. योग में ,शीर्षासन, सर्वांगासन ,योग मुद्रा किसी योगार्चाय द्वारा करें।
४. तनाव को कम करने के लिए पाँच प्राणायाम कपालभाती,अनुलोम-विलोम, उज्जायी प्राणायाम करें।
५. बालों को तेज गर्म पानी से ना धोए।
६. ताजे आवले का प्रयोग करे।
७. खारे पानी से हेयर वाश ना करे।



मेरे रेकी अनुभव

प्रिय मित्रो,

जैसा कि मैंने अपने पिछले अंक में लिखा था कि रेकी क्या है और रेकी ऊर्जा के द्वारा हम अपना शारीरिक और मानसिक उपचार कैसे कर सकते हैं रेकी एक प्राकृतिक चिकित्सा पद्धति है, जो कि पूर्ण रूप से अध्यात्म से जुड़ी है और यह हमारे भौतिक और सूक्ष्म दोनों शरीरों पर काम करती है। हमारे शरीर में सात चक्र -मूलाधार चक्र, स्वाधिष्ठान चक्र, मणिपुर चक्र, अनाहत चक्र, विशुद्धि चक्र, आज्ञा चक्र, सहस्रार चक्र, होते हैं। जब हमारे शरीर में कोई बीमारी आ जाती है, या हमारा शरीर अनेक प्रकार के नकारात्मक विचारों से घिर जाता है, तब हमारे इन सातों चक्रों का आकार बहुत छोटा हो जाता है, जिससे कि हमारे शरीर में ऊर्जा का प्रभाव अच्छे से नहीं हो पाता और हमारा शरीर अनेक प्रकार की बीमारियों का शिकार हो जाता है। रेकी हीलिंग के द्वारा अनेक प्रकार की बीमारियां जैसे- चिंता , तनाव, डिप्रेशन, थायराइड, बीपी , शुगर यहां तक कि कैंसर जैसी खतरनाक बीमारी से भी बचा जा सकता है। मैं अपना अनुभव बताती हूं, अभी मैंने एक 25 साल के बच्चे और 54 साल के पुरुष को हीलिंग दी जिनको कोरोना पॉजिटिव था, मात्र 7 दिन की हीलिंग करने के बाद उनकी रिपोर्ट नेगेटिव आ गई और एक 42 साल की महिला जिसके टकने में 5 महीने से सूजन थी, केवल 7 दिन हीलिंग देने से उसकी सूजन बिल्कुल खत्म हो गई और वह अब ठीक से चलने भी लगी है। रेकी एक प्रकार की प्राकृतिक चिकित्सा पद्धति है, तो साथियों मेरा आप सभी से करबद्ध निवेदन है कि एक बार रेकी हीलिंग का अनुभव अवश्य करें।

- SUSHMA GUPTA (REIKI MASTER HEALER)

खील, बताशे का महत्व



ANUPAMA
AGRAWAL
(REIKI MASTER
HEALER)

दीपावली का अर्थ है दिया –यानी ज्योति' अवली का अर्थ है –किरणें। हम दीपावली को अपने घरों में, मंदिरों में दीए जलाते हैं, पूजा करते हैं लक्ष्मी – गणेश जी की, कुबेर जी की और खील, बताशे का प्रसाद भी लगाते हैं। क्या आप जानते हैं कि हम खील बताशे का प्रयोग क्यों करते हैं ? खील यानि धान, यह चावल का ही एक रूप है। खील चावल से बनती है और चावल उत्तर भारत का अन्न है। दिवाली से पूर्व ही इसकी फ़सल तैयार होती है, इस कारण लक्ष्मीजी को पहले प्रसाद के रूप में खील बताशे ही चढ़ाए जाते हैं। खील बताशे का ज्योतिष महत्व भी है। दीपावली धन और वैभव की प्राप्ति का त्योहार है और शुक्र ग्रह धन और वैभव का ग्रह है। इसीलिए खील बताशे का प्रसाद चढ़ाया जाता है और खील बताशे सफ़ेद और मीठे होते हैं जो शुक्र ग्रह के कारक है, इसलिये शुक्र ग्रह को और लक्ष्मी जी को प्रसन्न करने के लिए हम खील बताशे चढ़ाते हैं, और खाते भी हैं। अपना शुक्र ग्रह मज़बूत करने के लिए सफ़ेद और मीठी चीज़ों का प्रयोग किया जाता है। हम सभी को पूजन में मिठाई के साथ खील बताशे अवश्य रखने चाहिए और उनका प्रसाद लगाकर सभी को वितरित करना चाहिए। दीपावली पर अकसर चारों ओर दीपक जलाए जाते हैं, हालांकि सभी घरों में दीपावली के अलावा प्रतिदिन पूजाघर में दीपक जलाए जाने का प्रचलन है। दीपक जलाना बहुत ही शुभ होता है। कहते हैं कि इसको जलाने से कई तरह के कष्ट दूर होते हैं। हिन्दू धर्म में धन और समृद्धि से संबंधित कुछ देवी और देवता हैं जिनकी दीपावली के दिन पूजा किए जाने का प्रचलन रहा है। वैसे तो दिवाली के शुभ दिन महालक्ष्मी की पूजा का विधान है लेकिन महालक्ष्मी पूजन के साथ ही अन्य देवी और देवताओं की पूजा किए जाने से घर में सुख, शांति और समृद्धि बनी रहती है। वह है लक्ष्मी जी, गणेश, कुबेर, काली और सरस्वती। अतः कुबेरदेव एक यक्ष, गणेशजी एक देव और सरस्वती एवं कालिका दो माता। इसके अलावा धनतेरस पर धन्वंतरि, नरक चतुर्दशी पर कृष्ण, गोवर्धन पूजा के समय गाय, भाईदूज पर यमदेव की पूजा होती है।

RECIPE OF THE MONTH

BY ARTI MATHUR



ओट्स के लड्डू:

सामग्री 1 कप ओट्स 1/2 कप बादाम 1/2 कप काजू 1/2 कप तला हुआ चना दाल 15 किसमिस 1/2 कप काजू 1 चम्मच इलायची पाउडर 1/2 कप गुड़ 1/2 कप घी 2-4 चम्मच दूध तरीका सबसे पहले गैस ऑन करें और पैन को गैस पर रखें। पैन गरम करें और चना दाल डालें, एक मिनट से कम भूनें और बाहर निकालें। फिर बादाम को 2 मिनट के लिए भूनें... इसे स्थानांतरित करें और एक तरफ रख दें। ओट्स डालें और बिना तेल डाले 2-3 मिनट तक भूनें। एक मिश्रण जार लें और उसमें बादाम, काजू, चना दाल, किसमिस और इलायची डालें... इसे अच्छी तरह से पीसें... जई और गुड़ डालें, इसे अच्छी तरह से पीस लें... लड्डू पेस्ट तैयार है इसे प्लेट में ट्रांसफर करें... इसे हाथों से अच्छी तरह मिलाएँ, अब इसमें गर्म घी डालें... इसे मिलाएं! और गोल गेंदों की तरह लड्डू बनाएं। लड्डू तैयार है यदि हम ठीक से संयुक्त नहीं हैं तो हम गर्म दूध डाल सकते हैं!



मैकरोनी समोसा ए खास

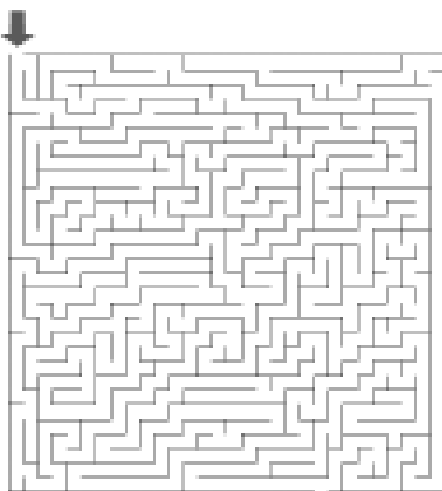
सामग्री : 1 कटोरी मैकरोनी (नमक डाल कर उबली हुई) 1 छोटा पैकेट सेज़वान सोस (2 बड़े चम्मच) बारीक कटी सब्जियां = (प्याज़, गाजर, शिमला मिर्च, मटर) 1 कटोरी मैदा, नमक स्वादानुसार, रिफाइनड फ्राई करने के लिए।
विधि : 1* मैदे में नमक, तेल, पानी डाल कर सख्त गूँध लें। ढक कर रख दें। 2* एक पैन में 2 चम्मच तेल गर्म करे, कटा हुआ प्याज़ गुलाबी होने तक भूनें, सब्जियां मिक्स करें 5 मिनट भूने, सेज़वान सोस डालें मिलिए, (जरूरत लगे तो नमक मिला लें) भरावन तैयार है। 3* मैदे से नीबू के आकार की लोई बना लें। 4* पूरी की तरह बेल लें 5* चाकू से 2 भागों में काट लें, एक भाग में चाकू की सहायता से एक एक सेमी की दूरी पर कट लगाएं कि पट्टियां किनारों से जुड़ी रहे। 6* दूसरे भाग पर थोड़ा सा पानी लगायें, पट्टियों वाले भाग के ऊपर चिपका दें। 7* अब समोसे/कोन का आकार दें, आवश्यकतानुसार भरावन भरे, खुले भाग पर पानी लगाकर बंद कर दें। 8* कड़ाही में तेल गर्म करे, समोसा डाल कर धिमी आंच पर सेकें। 9* गुलाबी होने तक सेक ले। 10* मैकरोनी समोसा ए खास तैयार है। 11* हरे धनिये की चटनी के साथ सर्व करें।

Kids Corner

BY DEEPALI

Mittens Maze

The girl has lost her mittens in the snow. Can you help her rearrange her mittens and find them?



Riddles

1. Riddle: What has to be broken before you can use it? Answer: An egg
2. Riddle: I'm tall when I'm young, and I'm short when I'm old. What am I? Answer: A candle
3. Riddle: What month of the year has 28 days? Answer: All of them
4. Riddle: What is full of holes but still holds water? Answer: A sponge
5. Riddle: What question can you never answer yes to? Answer: Are you asleep yet?
6. Riddle: What is always in front of you but can't be seen? Answer: The future
7. Riddle: There's a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What color are the stairs? Answer: There aren't any—it's a one-story house

Find musical instruments

m	h	t	m	a	n	d	o	l	i	n
a	d	r	m	g	w	l	e	d	j	y
r	b	u	e	b	v	i	o	l	i	n
a	a	m	h	a	d	j	e	m	b	e
c	n	p	j	g	s	e	l	k	y	s
a	j	e	n	p	n	k	a	d	z	i
s	o	t	h	i	k	i	z	k	z	t
s	a	x	o	p	h	o	n	e	m	a
a	u	j	r	e	d	r	u	m	s	r
c	d	p	n	s	p	i	a	n	o	x

Tounge Twisters

- Tommy tossed his twelfth tooth when it turned three times.
- Six quick hicks named Nick licked a brick.
- Nick kicked a slick brick at Rick, but the slick brick hit Nick.
- She shrieked at Shirley surprised by shells of selfish shellfish.
- The raging ram runs round rugged Ricky to hit Mickey.

MONTHLY HOROSCOPE

BY MONICA KAUSHAL



Aries (March 21 – April 19): You will have to accept the reality of your finances. It is also advised that you show some generosity and do some charity. Planetary influences will be favourable this month and couples may experience a positive change in their relationship. For singles, you may be in for some good news and you are likely to meet your soul mate. You may experience boredom and dissatisfaction at your workplace. You may also feel stagnation at your work place. You need to take care of your health as you may experience problems with bones or insomnia or experience nightmares.

Taurus (April 20 – May 20): Planetary influences will favour you and you will enjoy good financial stability. Try to strike a balance between your work and your love life. It is recommended that you spend some quality time with your spouse/partner. Planetary influences suggest that you may walk away from your current job and may consider a complete career change. You may experience anxiety and feel depressed.

Gemini (May 21 – June 20): Planetary influences will favour you monetarily this month. You may receive good news financially. Planetary influences will be favourable this month and you are likely to receive a romantic proposal. The month also opens the possibility of an engagement or even marriage. For couples looking to conceive, you may be in for some good news. You will experience quick progress at work. There may also be an upcoming travel opportunity for work. Please be watchful as you may experience Pneumonia, cough, emotional problems.

Cancer (June 21 – July 22): This month will be favourable and you are likely to receive good financial support or a grant/donation. You will experience a steady and secure relationship. You may feel stagnation at work, resulting in unhappiness. You need to watchful of your surroundings as you may meet with an accident or may undergo surgery.

Leo (July 23 – August 22): You need to be vigilant about your finances this month. You may experience unhappiness with the way your relationship is going at the moment. You may feel the need for a major transformation in your career. You may experience chronic fatigue, unhealthy weight loss and anxiety.

Virgo (August 23 – September 22): Be watchful, you need to be extremely cautious as you may experience some deception with regard to money matters. You may struggle with guilt & insecurity. You may experience a strong male influence at your work place. You may experience cold feet or Rheumatism.

MONTHLY HOROSCOPE

BY MONICA KAUSHAL

Libra (September 23 – October 22): You may experience a sense of being financially overburdened with responsibilities. For singles, you may be in for some good news and you are likely to meet your soul mate. Planetary influences indicate that it may be time for a job change and set-up a new business. Please be careful, as you may have a blood infection.

Scorpio (October 23 – November 21): It is advised that you keep a check on your expenses as you may experience quick movement of money. You will likely to meet someone who will be kind and generous to you. You will find some negotiation skills to resolve your career issues. You may experience anxiety and feel depressed.

Sagittarius (November 22 – December 21): You will receive financial guidance with regard to your money matters from an older woman/motherly figure. Planetary influences will be favourable this month and you are likely to receive recognition and reward in your career. For those working on projects, you may need to collaborate with others to complete your project. You may encounter lower back issues and possibly have an ear-related problem.

Capricorn (December 22 – January 19): You may be concerned about your future and financial security, but be careful of who you discuss this with. You are too focused on what is missing in your love life and you may need to correct this. Planetary positions will be favourable this month and you are likely to come across new opportunities. You may also land some creative projects. Planetary positions will be favourable and you will experience good health.

Aquarius (January 20 – February 18): Planetary influences will favour you monetarily this month. Your struggles will come to an end and you will experience financial relief. Good times and you are likely to experience luxury. The time also favourable and you will have everything that you need. Your work and effort is being watched and evaluated at your work place. You are likely to expect a positive outcome. You may experience respiratory issues.

Pisces (February 19 – March 20): Your hard work will pay off and you are likely to receive a pay hike or a reward. You will experience a solid, stable and committed relationship. Planetary positions will be favourable and things look positive to make future plans to achieve your ambitions. You may experience high blood pressure and high blood glucose levels.

जीवन के कुछ आधार स्तम्भ

BY ALKA SINGH



इंसान ईश्वर की सबसे सर्वोत्तम रचना है, और यह शरीर ईश्वर का दिया हुआ मंदिर है, एवं इस शरीर में उपस्थित आत्मा थवयं ईश्वर है, इसलिए हमारी ज़िम्मेदारी है की शरीर रुपी मंदिर को सकारात्मक शक्तियों के साथ निरोगी रखा जाए I बहुत से उपाय इस शरीर को निरोगी रखने में हम इंटरनेट के माध्यम से या सोशल मीडिया के और भी माध्यमों द्वारा सीखने को मिलते हैं, लेकिन सिर्फ सीखना काफी नहीं होता, उसको जीवन में धारण करना भी उतना ही आवश्यक है जितना एक शरीर को व्यवस्थित रखने के लिए उपयुक्त मात्रा में कैलोरी आवश्यक है, मैं आज आपको इसी तरह की कुछ सामान्य गतिविधियों के बारे में बताना चाहूंगी जो आपको निरोगी रहने में भी मदद करेगा,

१. योग : जीवन को सुचारू रूप से चलाने के लिए योग एक प्रेरणा है ,जीवन में नित्य -प्रतिदिन योग करने से न केवल आपका जीवन संतुलित रहता है, अपितु यह इस बहुत अच्छा मानसिक और शारीरिक शक्तियों का पुंज है, लेकिन यहाँ पर ये भी ध्यान रखना है की हर योग करने का एक तरीका होता है, अच्छे से योग को समझ कर ही योग करना चाहिए, प्राणायाम योग की मूलभूत और औलौकिक अवस्था है, जीवन साँसों का नियंत्रण ही है, हर रोज़ सभी को प्राणायाम से ही दिन की शुरुआत करनी चाहिए I

२. शरीर को डेटॉक्स रखना : समय समय पर शरीर को डेटॉक्स करते रहना चाहिए, ये उपवास से भी संभव है, सप्ताह में एक-दो दिन का उपवास रखना चाहिए और ज़्यादा ऐंटी-आक्सिडेंट भोजन में शामिल करना चाहिए I

३. प्रतिरक्षा तंत्र को मजबूत करना : हमारा इम्यून सिस्टम जिसे हम प्रतिरक्षा तंत्र भी कहते हैं, इसको मजबूत करना, विटामिन्स और मिनेरल्स का सेवन करने से और एक सकारात्मक सोच रखने से भी प्रतिरक्षा तंत्र मजबूत होता है, ध्यान, योग और ओर्गेनिक भोजन को अपनाने से प्रतिरक्षा तंत्र को बल मिलता है I हम सभी इन चीज़ों से अवगत हैं लेकिन संयमित दिनचर्या और सकारात्मक विचारों का समावेश भी जीवन को निरोगी रखने में मदद करता है, आप सब स्वस्थ रहे ऐसी मेरी ईश्वर से कामना है I

DR AJAY KUMAR FOUNDER, THE WORLD OF WISDOM



Dr. Ajay Kumar is a renowned Reiki & Karuna-Reiki Master. He has acquired knowledge of Reiki from several renowned Reiki Masters including William Hauw of Australia – a Lineage of Takata. He has done Reiki Mastership from Narmata and Narendra Bahtia. Besides, he acquired MAGNIFIED HEALING Mastership from William Hauw. He is having more than 25 years of experience in the field of Reiki healing. He is a Consultant QUARTZ CRYSTAL Therapist. He is a violet prana healer, he is a Aura Master and conducts Aura SIGHTING workshops. He is an advance PRANIC HEALER he has also done mastership in LAMA-FERA an ancient Tibetan healing art. He is a past president of Ghaziabad Reiki Master's association. He has also served as a secretary of Ghaziabad chapter of Institution of Vastu Science India. (2004-06)

He is a MELCHIZEDAK method healer, dowsing practitioner and psychic surgeon. He is also a past-life therapist. He is a vastu consultant and scans energy filed in offices and homes and suggests various practical remedies for enhancing it. He is a past president of rotary club of Ghaziabad chiranjeev vihar. He is a life member of world academy of spirityal sciences, an academy established by Sir Ganga Ran Hospital to encourage promotion and integration of scientific evaluation and validation of various spiritual disciplines like Reiki, Pranic Healing, Vastu Sciences, Yoga and meditation etc. He is also a Astro Palmist. He was awarded by Award of Excellence by Vastu Research Centre & Research Institute of Vedic Culture for outstanding performance & Services in the field of Aura. He was Interviewed by News Channels, FM RADIO & Leading Print media several times. He is also a lerned angel therapist.

Words of wisdom from the Founder

" *Namaste*, our world of wisdom group is expanding exponentially everyday. People from all accross the globe from various walks of life are interested to join us. It is the power of togetherness and our aim of creating stress free society. I request all of our readers to expand this knowledge and contribute your part towards this noble cause. I am happy to share with you all that one of our member has created a new symbol which can be combined with *reiki*".

Stress free mind will lead us to stress free society

Member of the month:



Dr. Smita
Goyal
(Sr.Gyna-
cologist)
(AstroGuru)

Triple Bonanza

We are continuing our monthly membership scheme

@ 201/- per month

Benefits of the membership

1) Three Reiki session 2) Three Yoga sessions 3) Three meditation sessions all online on zoom at your comfort

OUR CLIENTS

*Reiki healing has helped me
a lot
- Tripti*

*WOW Rocks !!
- Manoj*

*I am thankful to Ajay ji and
his team for healing me with
reiki, I am feeling much
better now - Dr Hina*

*My palmistry
readings by Ajay ji
were correct
- Mahima*

*World of wisdom
provides all solutions
under one umbrella
- Naveen*

*Monika Ji's predictions
are very correct and
to the point
- Ashish*



Our Mentor
Mr S K Kohli
Senior Astrologer



For more details contact us @
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YouTube channel: [theauraofworldofwisdom](https://www.youtube.com/channel/UCtheauraofworldofwisdom)



Course Director
Mrs Monica Kaushal
Senior Tarot reader,
astrologer, numerologist
and Reiki grand master

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- **Limited period offer of annual membership**
- **Limited places available**