

WORLD OF WISDOM



MAY THE CLOSENESS OF FRIENDS, THE
COMFORT OF HOME, AND THE UNITY OF
OUR NATION, RENEW YOUR SPIRITS THIS
FESTIVE SEASON

New Year's Resolutions for Reiki Practitioners



“Happy New Year,” dear Reiki friends. May the New Year 2021 bring you wealth, health, love, prosperity, happiness and peace. I would like to take this opportunity to express my deepest gratitude for your continued kindness and support throughout the year. It is both an incredible honor and privilege to have you as Reiki friends, students and graduates. May this year be a significant one in your spiritual journey and may you and your dear ones be blessed. Here are ten points which you can inculcate this year:

1. Practice Reiki self-treatment regularly. Reiki Practitioners who practice Reiki self-treatments experience substantial benefits to their overall health, i.e., physical, emotional, mental and spiritual. Make daily Reiki self-treatment a new habit for 2021.
2. Give Reiki sessions to others. Help friends, family members and pets to be healthier and feel better by giving them regular Reiki sessions.
3. Start a meditation practice. Meditation reduces stress, lowers blood pressure, and improves immune function. There are hundreds of benefits to meditation validated by many scientific studies.
4. Eat healthier foods. Good nutrition and Reiki work hand in hand.
5. Review and practice what you have learned in Reiki class. Review your notes from your Reiki classes and brush up on what you already know, or take a Reiki class to review the material you have learned earlier.
6. Improve your Reiki skills. Select a Reiki skill that needs improvement ... for example, the scanning technique, and practice it.
7. Make Reiki a part of your spiritual path. Reiki is not just for giving table sessions. Reiki is a way of life. Reiki gently presents you with the teachings that you need to acquire and guides you forward on your spiritual path.
8. Share your knowledge of Reiki with friends and family. Spread the good word. Tell your friends about Reiki.
9. Apply the Reiki skills you have learned to other areas of your life.
10. Continue with your Reiki education. Become a more powerful and effective healer.

- Dr Ajay Kumar

NATURAL WAYS TO DETOX YOUR BODY – WAYS TO REJUVENATE



As the name suggests, detoxing aims to help the body get rid of toxins. The human body has a natural pathway to allow detoxification through the liver, sweat, urine, faces, etc. but today's lifestyle and food have made our body more accumulation of toxins and toxin get stored in tissues and cells of our body and manifest in harmful metabolic, reproductive and mental health effect which may lead to even cancer-like disease. And Level of toxin present inside the body amplifies our disease condition with age and immunity of the body. Therefore, Detoxification of the body is necessary from time to time.

Benefits of Detox:

There are following benefits:

1. Weightloss along with enhanced metabolic
2. Normalized BP
3. Cure Acute Sinusitis
4. Cure Arthritis Chronic Joint Pain
5. Cure Acne and much more.

Steps to Detoxifying Body:

1. Natural Resource: Sunlight, Fasting, Enema, Thandi Patti.
2. Plant-Based Detoxification: by using various raw vegetable juices such as ash gourd, coconut, and eating salads.
3. Various herbal medicine plant-like Monga Leaves, Curry Leaves, Ashwagandha, etc. These play an important role to detox the body.

In a nut shell, Detoxification is very important factor to involve in our daily life and be healthy and away from diseases.

-Alka Singh

Know natural inclination of your child

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

Every child is unique in behaviour and action which he/she has inherited from past karmas. Horoscope of child indicates natural tendencies and parents can take proper action if they know it. It is my humble advice that horoscope analysis should be got carried out since birth and not when you face difficulty & rush for remedies. Believe that there is no instant remedy as we face circumstances according to our karmas and can prepare ourselves to take action in coming circumstances if we are already prepared. In this article, I shall try to indicate how we can handle our child in early childhood. For proper analysis the horoscope of parents as well as child is necessary. Mother, father and child form a triangle on which foundation of happy/unhappy family depends. In astrology mother is denoted by moon and 4th house. Moon is emotion, attachment, nurturing etc. like mother and 4th house is place where child feels secure and gets all his/her childhood needs. Father is denoted by Sun who controls whole day activities and gives life sustaining strength to face outer world while mother nurtures his/her inner world. Father is also denoted by 9th house which is ruled by Guru or Jupiter as father is Guru of child who guides at every stage. How better mother and father shall play their role can be judged by their horoscope while how child grasps their teachings is judged by child horoscope. Various positions of sun and moon (144 combinations) in the horoscope of child indicates what child expects from parents and how he/she can derive that? Below are brief description if child is born with moon in different signs. **Aries** sign child is full of warm emotions and becomes angry on slightest provocation. He is having good kinetic energy which he will try to release and has free movement. He shall hold mother hand with pressure and in all his activities pressure and quickness shall be observed. He needs caution on stairs, road, and high places and requires constant watch to avoid accident, He will like the racing car toys, moving train and flying plane and will hate slow action toys. Now parents can watch and manage at various stages. **Taurus** sign child will be engaged in routine work cycle. He is very stable and would hardly move from one place to another. This is practical sign so child will not like any mental games rather will like clay works, pictures setting, moderate art works where mind application is fewer and take time. The child is having good stamina and does not tire easily. He may have affinity for food. He is good companion to walk with parents for long distances. Now you think how you can handle such child. **Gemini** sign child is born intelligent. He can solve maths and puzzles very quickly. He will like educational games which require mental challenge. The child is more involved mentally which may affect his physical health so advised take away child for walk and have some discussion with him. Parents who have more mental inclination must come forward to help child. **Cancer** sign child is very close to mother and tries to stick always with mother. He likes home and any outing or movement from home is difficult for him. He will move outside but mother should be in his sight. He will like water very much and shall be found with wet clothes and mother shall be engaged in changing his clothes. The basic is that mother has to do lot for him. He requires caution from slipping and boiling water. In previous incarnations mother would have neglected her child or she would have neglected her mother which can be seen from the horoscope and mother has to repay now. **Leo** sign, child is self-indulged and proud in nature. He does not want any interference. He can be handled by father rather than mother. It is unlikely if any other child can take away his articles/games but if he wishes he will give everything to any one whom he likes. He is fond of moving to clubs and playing games. His favorite places shall be hill stations and forests and wild animal. In TV he will like wild animal channels rather than cartons. Remember he can be best handled with love not by scolding as he is Lion.

Understanding Aura

Dr Ajay Kumar



You may take a lot of time to get it right or you may take no time at all. It all depends on your level of concentration and how you channel yourself and your consciousness. Also, initially, as you will blink while you do this, you will realize that the aura disappears. This is because your brain shuts what you were seeing before the blink. However, as you practice this more and more, this will happen less and lesser. Interpreting the colours of aura

Red: Red aura stands for energy, enthusiasm, adventure but also anger and volatility. People with red auras are honest, straightforward, strong, competitive and have an urgent need to be always the best.

Yellow: Yellow stands for an intelligent and an inventive mind. People with predominantly yellow auras can be logical and sometimes, over critical about themselves. They can also be eccentric and workaholics. They are friendly and confident.

Blue: Those who have blue auras are eloquent, charismatic and inspiring. They can also be intuitive and can act as peacemakers between two angry parties. They may find it hard to maintain a balance between their minds and hearts.

Green: People with green aura are primarily creative and hardworking. They are determined, realistic and usually prosper. They can also act like perfectionists and can pick a career around gardening.

Gold: If someone has a golden aura, they are lavish by nature. They can be vain and proud and thrive on external beauty. They don't like their flaws exposed and are attention seekers.

Pink: Pink auras stand for friendliness, generosity, caring, loyalty and romance. People with pink auras make loyal partners and are amazing hosts. They have a high set of morals and hence, hate injustice of any kind.

Black: Black is probably the most negative colour to appear in one's aura. It is associated with mental illness, stress, depression, hatred and negative feelings. It can also indicate the person's habit of acting miserly.

Others: There are many other colours one can see in someone's aura. **Brown** can indicate confusion and indecisiveness, **orange** can stand for generosity and empathy, while purple can signify sensitivity and mystery.

How to see your own aura? If you are keen on seeing your own aura, you have to follow a similar process as the above, but with your hand. Bring your hand forward with your palm facing you, the background being white or black. Focus on the center of the palm and try to see if you can see an outline. You can also squish your fingers together and then spread them apart or wave your hand very gently to make the outline more vivid. This will help you bring your aura to the fore.

How to see someone's aura in just 5 steps

Dr Ajay Kumar



Every person and every molecule of his body emits energy. To be able to see that is simply about tuning in to a certain level of consciousness. Though aura as a subject is seen to stand in polarization to the modern day science, scientists now are beginning to believe in energies. Various experiments are being conducted and many point towards the belief that this world and every living or nonliving thing that inhabits it is affected by the energies that surround it.

Follow these steps mentioned-below to be able to see through a person.

Step 1: Ask the person you want to see the aura of to stand about 10 feet away from you. Make sure that their background is either completely white or completely black. Also, adjust the lighting of the room as neither too bright, nor too dull. Best is to stick with natural light.

Step 2: Now, what you must do is focus on the nose of the person. Don't focus too hard and let the gaze stay relaxed, such that you also focus on your peripheral view. The great thing about our vision is its circularity, and even when you are consciously looking at the person's nose, your peripheral view can help you look at his sides.

Step 3: What you will begin to see is a shadowy and grew outline to the person's body. It won't be too thick and will be very benign. However, you must not get excited and start looking at the shadow instead of focusing straight. Stay relaxed.

Step 4: Now, peripherally only, start observing the outline that's formed around the person. As you do this, the aura will start concretising before your eyes.

Step 5: Take your gaze up from the nose to the forehead of the person but let the movement be very gentle. This will give you a better view of their aura. Also, initially you may just see a single coloured aura but as you gain expertise, you will start seeing different colours in a single person's aura. Hindrances The above takes practice, concentration and patience.

Palmistry — a Quick Palm Reading Guide



Life line: Also called the "earth line", it's the line that extends around the thumb and it reflects one's health and physical vitality. This line's depth determines the ease with which you'll go through life: Upward branches in the line mean positive changes or recovery, while downward ones might suggest negative changes to come. A complete break in the line could mean an accident or a sudden, massive change.

Wisdom line: Also called the "human line", it stretches from the middle of the thumb and index finger to the palm's other side. It usually looks like it's dividing the palm and reflects a person's mentality and personality. This line's length indicates how you approach decisions and actions (longer lines will be more methodical thinkers while shorter lines probably belong to more impulsive thinkers). A deeper line means you have a great memory, while a faint line means you might struggle to focus. Breaks could mean forthcoming mental strife.

Love line: Also called the "heaven line", it's the line that stretches under the little finger to the index finger. It reflects one's love life and attitude.

Fate line: Also called the "career line", it's the line that stretches from the wrist to the middle finger. It reflects one's fortune and career.

What to look for: Breaks will indicate bad luck or major losses; a double line may indicate a particularly successful career.

Marriage line: It's a short line between the love line and the little finger. It reflects one's romantic relationships and marriage.

Ashish Mathur

कोरोना वायरस और बच्चों पर बढ़ रहा मेंटल प्रेशर



Shikha Wadhwa

तनाव लेने के कारण इंसान को कई प्रकार की बीमारियां हो जाती हैं। कोरोना वायरस से संक्रमित होने के कारण व्यक्ति का दिमाग तरह-तरह की बातों को सोचता है और इसी कारण उसे लंबे समय तक स्ट्रेस की भी समस्या हो जाती है। द लैंसेट डायबिटीज एंड एंडोक्रिनोलॉजी में प्रकाशित हुए एक अध्ययन के अनुसार, वैज्ञानिकों ने दावा किया है कि तनाव लेने वाले लोगों में कोरोना वायरस के कारण मौत का खतरा कई गुना तक बढ़ जाता है। दरअसल, तनाव संबंधित एक हार्मोन का स्तर बढ़ने के कारण यह खतरा उत्पन्न होता है। तनाव की स्थिति बढ़ने की मुख्य वजह एक विशेष प्रकार के हार्मोन को माना जाता है, जिसमें बढ़ोत्तरी हो जाती है। इस हार्मोन का नाम कॉर्टिसोल है। शोधकर्ताओं ने इस बारे में भी जानकारी दी है कि एक स्वस्थ आदमी के शरीर में कॉर्टिसोल हार्मोन का स्तर 100- 200 nM/L होता है। इस हार्मोन की खास बात यह है कि सोते समय इसकी स्थिति शून्य हो जाती है जबकि तनाव की स्थिति में इसका स्तर कई गुना तक बढ़ जाता है। इस शोध में यह देखा गया कि कोरोना वायरस से संक्रमित लोगों को सामान्य रूप से कहीं ज्यादा तनाव होता है। ऐसे में यदि तनाव का स्तर अधिक बढ़ा तो इसका सीधा प्रभाव कॉर्टिसोल हार्मोन में बढ़ोत्तरी कर सकता है। इसलिए मौत के खतरे से बचे रहने के लिए जरूरी है कि तनाव बिल्कुल भी ना लें।

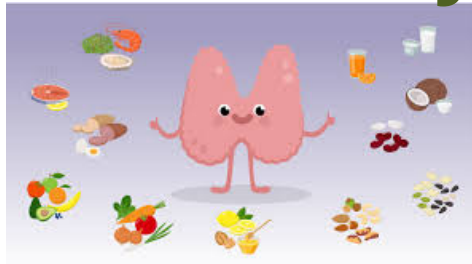
बच्चे हों या बड़े, कोरोना वायरस (coronavirus) ने सभी की जिंदगी को बदल कर रख दिया है। जहां पहले बच्चे पढ़ाई-लिखाई के साथ खेलने-कूदने या दोस्तों से मिलने-जुलने जाते थे, वहीं अब डर और लॉकडाउन (lockdown) के चलते वे अपने घरों में कैद हैं। यहां तक कि स्कूल-कॉलेज बंद होने की वजह से अब वे सिर्फ डिजिटल एजुकेशन पर ही निर्भर हैं। हालांकि, लाइफ में पढ़ाई-लिखाई के अलावा भी बहुत से गंभीर मुद्दे हैं, जिनके प्रति हमें ध्यान देना जरूरी है और अब बच्चों की कंडीशनिंग उसी तरह से होनी चाहिए।

बच्चों पर मेंटल प्रेशर बढ़ रहा है, ऐसे में पेरेंट्स को अभी उनको समझकर उनका साथ देने की खास जरूरत है। यहां आपको इस बात का खयाल रखना होगा कि पढ़ाई के साथ ही आपके बच्चे की जिंदगी और मानसिक स्वास्थ्य भी उतना ही मायने रखता है।

ऐसे में इन बातों पर ध्यान दें-

1. बच्चों का टाइमटेबल सेट करके रखें। उनके उठने-सोने और पढ़ाई-लिखाई व खेलने का समय नियत कर दें, जिससे कि कई महीनों बाद अचानक से स्कूल जाने में उन्हें अटपटा न लगे।
2. सोशल डिस्टेंसिंग का पालन करने की वजह से बच्चे घरों में कैद हैं। अभी उन्हें बेशक बहुत मजा आ रहा होगा, मगर उन्हें उनके दोस्तों व टीचर्स के टच में रखने की कोशिश करें, वर्ना आने वाला समय काफी कठिन साबित होगा।
3. उन पर अपनी इच्छाओं का लोड न डालें। इस समय आपको उनकी मेंटल और इमोशनल हेल्थ का ध्यान रखने की जरूरत है।
4. बच्चों के टीचर्स से बातचीत करें। उनके साथ डिस्कस करके बच्चों का डेली शेड्यूल तैयार करें।
5. अगर आपके बच्चे कॉलेज में हैं तो उनसे दोस्तों की तरह बात करने की कोशिश करें। हर समय उनको डांटने या ताने देने के बजाय एक बार उनके नजरिए से सोचने की कोशिश करें।

How I treated my Thyroid



- Anupama Agrawal

I suffered from Hypothyroid for twenty years. My TSH level was 25 when it should not have been more than 5. All of this led to issues like unnecessary anxiety, nervousness, sudden gain of weight, sleeping problems, muscle weakness, irregular menstruation, weak eyesight, dryness in skin & hair, hoarse voice and constipation. Infact, even after taking proper diet and maintaining a healthy daily schedule I suffered from hair loss, tiredness, joint pain and even forgetfulness when I was only in my thirties. The thyroid gland is a small organ located in the front of our neck, wrapped around the windpipe. It's shaped like a butterfly, smaller in the middle with two wide wings that extend around the side of our throat. It is also located at the Throat Chakra or the Vishuddha which is responsible for communication & self expression. We have glands throughout our body. If our thyroid doesn't work properly, it can impact on our entire body. When our body makes too much thyroid hormone, we call that condition Hyperthyroidism and when it produces too less thyroid hormone, it's called Hypothyroidism. Both these conditions are serious and need to be treated.

Initially, I followed all the tips that help in keeping your thyroid in control. I started practicing activities like yoga or meditation and exercised daily for all these years. Regularly took the medication and check-ups in a proper manner, even avoided few things like caffeine, alcohol or soy. Apart from taking suppliments, I took balanced diet and sufficient rest. In all these years, my TSH level only fluctuated but never settled or came under control. Instead of losing hope and giving up, I took to a positive outlook and started doing Ujjayi Pranayam & neck tilt exercises along with everything that I had been doing for the past years. I learnt Reiki healing and worked on self healing. It is still hard to believe but my TSH level dropped to 1.5 in less than a month! Not just that, but it has finally been under control ever since. Now, I am taking proper diet without broccoli, soy, refined flour, sweets or excessive salt. I do take cheat meals sometimes but I find a way to balance it with meditations and exercising.

This is for everyone who have thyroid problems, you can easily get it right by just following all these little tips and work on your overall wellness. It is not just a few changes or additions, but a way of life that we all should adopt to overcome any type of deseases or illness!

हिंदू रीति-रिवाजों का वैज्ञानिक आधार

- SUSHMA GUPTA (REIKI MASTER HEALER)



प्रश्न संख्या 1: ब्रह्म मुहूर्त किसे कहते हैं? उत्तर- रात्रि का जो अंतिम पहर का तीसरा भाग होता है उसे ब्रह्म मुहूर्त कहते हैं।

प्रश्न संख्या 2: ब्रह्म मुहूर्त में उठने से क्या लाभ होता है? उत्तर- ब्रह्म मुहूर्त में उठने से मनुष्य को सौंदर्य, लक्ष्मी तथा बुद्धि और स्वस्थ आयु की प्राप्ति होती है इसका वैज्ञानिक पक्ष: प्रातः कालीन बहने वाली वायु का एक-एक कण संजीवनी शक्ति का मिश्रण होता है उस में ऑक्सीजन की मात्रा बहुत अधिक होती है जिससे हमारे शरीर का ऊर्जा का स्तर बहुत अधिक बढ़ जाता है, जिससे कि हमारा शारीरिक स्वास्थ्य, बुद्धि, आत्मा, नेत्र शक्ति और स्मरण शक्ति विशेष रूप से बढ़ जाते हैं, और मनुष्य दीर्घायु हो जाता है।

प्रश्न संख्या 3: प्रातः काल उठकर सर्वप्रथम हमें अपने हाथों के दर्शन ही क्यों करने चाहिए? उत्तर- हाथ के अग्रभाग में लक्ष्मी का निवास, हाथ के मध्य भाग में सरस्वती का निवास और हाथ के मूल भाग में भगवान गोविंद का निवास होता है! मानव जीवन की सफलता के लिए तीन वस्तुओं की आवश्यकता होती है- धन, ज्ञान और ईश्वर। यह तीनों वस्तुएं मनुष्य के अपने हाथ में होती हैं। वैज्ञानिक पक्ष: विज्ञान यह बतलाता है कि मनुष्य का मन निश्चल और शांत अवस्था में जिस भी वस्तु के संपर्क में आता है उसका मन पर स्थाई रूप से प्रभाव बनता है और उस प्रभाव से संस्कार बनता है और वह संस्कार पूरे दिन चिर स्थाई रूप से काम करता है। जैसे की धारणा भी है कि आज तो ऐसे का मुख दिखा की रोटी भी नसीब नहीं हुई। तो यह सभी बातें सत्य होती प्रतीत होती हैं।

प्रश्न संख्या 4: तिलक क्यों धारण करना चाहिए? उत्तर- तिलक का सीधा संबंध हमारे मस्तिष्क से है और मस्तिष्क हमारे शरीर में आने वाले सभी संवेग और और सूचनाओं को ग्रहण करता है और शरीर के सभी अंगों को सूचनाएं भेजता रहता है। वैज्ञानिक पक्ष: यहां पिट्यूटरी ग्रंथि होती है जो अंतः स्रावी तंत्र की अधिनायक है। यह कई प्रकार के हार्मोन उत्पन्न करती है जिससे कि हमारी स्मरण शक्ति, दृष्टि, श्रवण शक्ति, सूंघने की शक्ति तथा अनेक प्रकार की संवेदना का संचालन होता है। हमारे माथे के बीचो बीच आज्ञा चक्र होता है। यहां पर तिलक लगाने से आज्ञा चक्र जागृत होता है जिससे हमारी मानसिक शक्ति बहुत तेज हो जाती है।

प्रश्न संख्या 5: हिंदू धर्म में तीर्थ स्थलों को अधिक महत्व क्यों दिया जाता है? उत्तर- हमारा शरीर पार्थिव है अर्थात् पृथ्वी से उत्पन्न है। तीर्थों की भूमि का अद्भुत प्रभाव मनुष्य के शारीरिक ताप और रोगों को दूर करता है क्योंकि जब हम तीर्थ स्थल पर जाते हैं तो वहां का वायुमंडल शुद्ध प्राकृतिक और निर्मल होता है जिससे मनुष्य के अनेक रोगों का नाश होकर मनुष्य के मन को शांति मिलती है। तीर्थ की दूसरी विशेषता वहां का तेजोमय जल है जिस जल के सेवन से अनेक प्रकार के मानसिक व शारीरिक कष्ट दूर हो जाते हैं।

प्रश्न संख्या 6: हमारी पूजा पाठ के दैनिक उपयोग में आने वाली अनेक प्रकार की धातुएं जैसे कि सोना, चांदी, तांबा, पीतल और लोहा आदि का क्या स्थान है? और उनका वैज्ञानिक आधार क्या है? उत्तर- सोने के बर्तन हमारे शास्त्र में स्वर्ण को धातुओं का राजा कहा गया है। सोने में कभी जंग नहीं लगता और ना ही यह खराब होता है। सोने के बर्तन का प्रयोग करने से शरीर में बल और वीर्य की वृद्धि होती है। सोने की धातु में रोग प्रतिरोधक शक्ति सबसे अधिक होती है क्योंकि स्वर्ण शीतल वीर्य वर्धक बल दायक रसायन पवित्र पुष्टि दायक नेत्रों के लिए हितकारी बुद्धि तथा स्मरण शक्ति को बढ़ाने वाला होता है। इसके उपयोग से हमारी आयु में वृद्धि होती है और यह हमारी वाणी को भी स्वच्छ करता है तथा तीनों प्रकार के दोष वात पित्त कफ तीनों को दूर करता है। चांदी के बर्तन-चांदी की प्रकृति शीतल होती है इसलिए चांदी के बर्तनों का प्रयोग करने से पित्त दूर होता है, और आंखों की ज्योति भी बढ़ती है। तथा चांदी शीतल, कसेली, खट्टी, मधुर, दस्तावर, बात तथा पित्त को जीतने वाली होती है। तांबे के बर्तन-तांबा कसैला, मधुर, कड़वा, खट्टा, दस्तावर, पित्त तथा कफ को नष्ट करने वाला शीतल, पीलिया, पेट के रोग, बवासीर, कुष्ठ रोग, खांसी, बुखार, सूजन तथा दर्द को नष्ट करता है। तांबे के बर्तन में रखा हुआ बासी पानी पीने से पेट साफ हो जाता है, जिससे कब्ज की बीमारी दूर हो जाती है। कांसे के बर्तन-कांसे के बर्तनों का प्रयोग करने से पित्त शुद्धि होती है और बुद्धि बढ़ती है। पीतल के बर्तन-पीतल का बर्तन बात कारक रुक्ष तथा कफ को दूर करने वाला होता है। पीतल के बर्तनों में कीटाणुओं को नष्ट करने की क्षमता भी होती है इसलिए पीतल के बर्तनों में तैयार किया भोजन शरीर को निरोगी रखता है लेकिन पीतल के बर्तनों पर कलई करना आवश्यक होता है, क्योंकि बिना कलई किए हुए बर्तनों में खट्टी वस्तु नहीं पकाई जा सकती।

हिंदू रीति-रिवाजों का वैज्ञानिक आधार



प्रश्न संख्या 7: लोहा ,स्टील, अल्युमिनियम के बर्तन पूजा में निषिद्ध क्यों है?उत्तर-लोहे के बर्तनलुमिन नामक दैत्य के शरीर से अनेक प्रकार का लोहा उत्पन्न हुआ और लोहे में भारीपन, दृढ़ता , गिलानी, मूर्छा, दाह कारक ,पथरी दोष तथा दुर्गंध यह सात प्रकार के दोष पाए जाते हैं। इसमें रखा हुआ भोजन और पेय पदार्थ शीघ्र ही खराब हो जाते हैं। किंतु लोहे के बर्तन में भोजन पकाने के तुरंत बाद अगर उसमें से हम उस भोजन को निकाल ले तो एनीमिया और पीलिया के रोगों में बहुत लाभदायक होता है।स्टील के बर्तन-आजकल रसोई घर में और पूजा घर में स्टील के बर्तनों का साम्राज्य है,क्योंकि स्टील के बर्तन देखने में चांदी की तरह चमकदार होते हैं और बिना किसी मेहनत किएभी साफ हो जाते हैं। स्टील के बर्तन में भोजन पकाते समय भोजन बर्तन की तली में लग जाता है जिससे वह कम पौष्टिक बनता है क्योंकि जलने के कारण उसकी पौष्टिक तत्व नष्ट हो जाते हैं इसलिए स्टील के बर्तनों में भोजन कम पकाना चाहिए।शरबत और पानी हमेशा मिट्टी और चांदी के बर्तन में ही पीना चाहिए क्योंकि चांदी बहुत गुणकारी होती है और कीटाणु नाशक भी होती है ।प्रश्न संख्या 8: बिल्ली के अशुभ होने का मनोवैज्ञानिक कारण क्या है?उत्तर-नवग्रहों में से खतरनाक एक ग्रह राहु जोकी देवताओं का परम शत्रु है बिल्ली इस मंगलकारी राक्षस राज राहु की सवारी है इसलिए यह अशुभ मानी जाती है। बिल्ली गणेश जी के वाहन चूहों का भी भक्षण करती है इसलिए भी अशुभ मानी जाती है। प्रश्न संख्या 9: जूते पहन कर भोजन क्यों नहीं करना चाहिए?उत्तर-अधिकांश जूते चमड़े के बने होते हैं और चमड़ा एक दुर्गंध पूर्णपरमाणुओं से बनी हुई अपवित्र वस्तु होती है इसके अलावा जूते में अनेक प्रकार की गंदगी और दुर्गंध वस्तुएं लगी होती है जिस कारण भारतीय संस्कृति में जूते पहनकर भोजन नहीं करना चाहिए।प्रश्न संख्या 10: दिन में क्यों नहीं सोना चाहिए?उत्तर-आयुर्वेद के अनुसार दिन में सोने से अधिकांशतः जुखाम हो जाता है और फिर वह धीरे-धीरे खांसी का रोग उत्पन्न कर लेता है और आगे चलकर यह खांसी श्वास रोग में परिवर्तित हो जाती है जिससे फेफड़े खराब हो जाते हैं और व्यक्ति को धीरे-धीरे सांस लेने में परेशानी हो जाती है और व्यक्ति की आयु कम हो जाती है! इसलिए दिन के समय नहीं सोना चाहिए। केवल ग्रीष्म ऋतु में ही दिन में सोना जरूरी होता है।प्रश्न संख्या 11: शंख का जल ही लोगों पर क्यों छिड़का जाता है ?उत्तर: शंख में गंधक ,फास्फोरस एवं कैल्शियम की मात्रा अधिक होती है जिससे इस में रखा हुआ जल रोगाणु रहित होकर शुद्ध हो जाता है इसलिए शंख का जल लोगों पर छिड़का जाता है।प्रश्न संख्या 12: पीपल के पेड़ की पवित्रताका वैज्ञानिक कारण क्या है?उत्तर-पीपल ही एकमात्र ऐसा वृक्ष है जो दिन और रात प्रचुर मात्रा में ऑक्सीजन देता है और इसकी छाया सर्दी में उष्णता भी प्रदान करती है तथा गर्मी में शीतलता देती है! पीपल के पत्तों से जो वायु का प्रभाव होता है और उनसे जो ध्वनि निकलती है उससे धीरे धीरे बीमारी के सारे कीटाणु नष्ट हो जाते हैं! पीपल के पत्ते, छाल, फल सभी रोग नाशक है! कफ, पित्त, उल्टी ,खासी, बुखार, हृदय रोग, हिचकी ,नाक के रोग, पेट के कीड़े ,सूखा रोग, त्वचा आदि अनेक रोगों में भी इसका उपयोग होता है।

Vaastu tips

by Himanshu

- > गिलास में पानी लेकर उसमें थोड़ी हल्दी डालकर आम या पान के पत्ते से इस पानी का घर में छिड़काव करें।
- > दम्पतियों को दक्षिण-पूर्व में बने कमरे में नहीं सोना चाहिए, इससे वाद-विवाद बढ़ते हैं।
- > दक्षिण-पूर्व में बने कमरों को हल्के क्रीम और हरे रंग से पेंट करना चाहिए।
- > आग्नेय कोण होने के कारण इस दिशा में इलेक्ट्रॉनिक उपकरण रखने चाहिए।
- > दक्षिण-पूर्व दिशा में कामधेनु गाय की मूर्ति रखने से धन आता है।
- > खरगोश के जोड़े की मूर्ति रखने से भी बहुत फायदा होगा है। साथ ही चिंता कम होती है।* प्रवेश द्वार के पर्दे में घुंघरू बांधना शुभ है।



- रात को आधा चम्मच त्रिफला एक कप पानी में डाल कर रखें। सुबह कपड़े से छान कर इस जल से आंखें धोएं, चश्मा उतर जाएगा। छानने के बाद जो पाउंडर बचे उसे फिर एक गिलास पानी में डाल कर रख दें। रात को पी जाएं। पेट साफ होगा कोई रोग एक साल में नहीं रहेगा
- चावल और तिल की समान मात्रा को रात भर एक कटोरी पानी में भिगो (dip in 1 cup water) कर रखें। फिर इनको बारीक पीस लें और चेहरे तथा बॉडी पर कुछ मिनटों तक लगाए रखें। उसके बाद इसे ठंडे पानी से धो लें। तिल आपकी त्वचा में नमी भरेगा और चावल आपकी त्वचा से डेड स्किन को साफ (clean dead skin) करेगा। इससे चेहरा और शरीर बिल्कुल पॉलिश (polish) हो जाएंगे।

Knowledge of the month

"एक निर्धन व्यक्ति नया साल वर्ष में एक बार मनाता है। एक धनाढ्य व्यक्ति हर दिन, लेकिन जो सबसे समृद्ध होता है वह हर क्षण मनाता है।" ~ श्री श्री रवि शंकर

A poor man celebrates the New Year once a year. A rich man celebrates each day. But the richest man celebrates every moment. " ~ Sri Sri Ravi Shankar

Our regular programs

WORLD OF WISDOM
PRESENTS

Reiki healing course

Let you be the light !!

FOR MORE DETAILS- DR AJAY KUMAR/9810747142;
MRS MONIKA KAUSHAL/ 9871073675;

WORLD OF WISDOM
PRESENTS

**Online
Meditation**

Mon- Fri : 11:00 AM - 11:40 AM

ZOOM ID: 794 490 8043

RSVP- DR AJAY KUMAR/9810747142;
MRS MONIKA KAUSHAL/ 9871073675;

RECIPE OF THE MONTH

BY ARTI MATHUR



क्रिसमस केक

सामग्री : मैदा - 3/4cup पिसी चीनी - 4बड़े चम्मच कसटरडपावडर - 1/4cup दही 1/2cup बटर - 1/3cup बेकिंग पाउडर 1tbsp दूध - 1/2cup टूटीफ्रूटी - 2tbs कटे बादाम

बनाने की विधि :- दही, चीनी, मक्खन को 5से10मिनट तक फेंट लें। मैदा, कसटरडपावडर, बेकिंग पाउडर, दूध डाल कर अच्छी तरह से मिला लें। 5-7मिनट मिश्रड को चलाते रहे। टूटीफ्रूटी मिक्स करें, ड्राई फ्रूटस डालें। एक केक टिन को ग्रीस करें, मिश्रड को केक टिन में डालें। माइक्रोवेव को पहले प्री हीट करें। केक टिन रख कर 180 डिग्री पर 35 से 40 मिनट तक बेक करें। ठंडा होने पर काट कर सर्व करें।



पनीर thread रोल

सामग्री : पनीर - 200gram राईस नूडल्ज़ - 1pack अदरक लहसुन का पेस्ट - 1tbsp अरारोट (कौरनफ्लोर) पाउडर - 2tbsp टमेटोसॉस - 1tbs सोयासॉस - 1tbs कश्मीरी लाल मिर्च पाउडर 1tbsp नमक स्वादानुसार, तलने के लिए तेल।

बनाने की विधि :- पनीर को लंबाई में कांट ले। एक प्लेट में अदरक लहसुन का पेस्ट, कश्मीरी मिर्च पाउडर, टमेटोसॉस, सोया सॉस, अरारोट पाउडर 1tbsp, नमक अच्छी तरह से मिला लें। पनीर के टुकड़ों पर लगा कर अलग रखें। एक बर्तन में 4 कप पानी उबाल लें। उबले पानी में नूडल्ज़ डाल कर 1मिनट बाद ठंडे पानी से धो लें। अब पनीर के टुकड़ों पर 1-1 नूडल लपेटें। गर्म तेल में सुनहरा होने तक तलें। सॉस के साथ सर्व करें।।

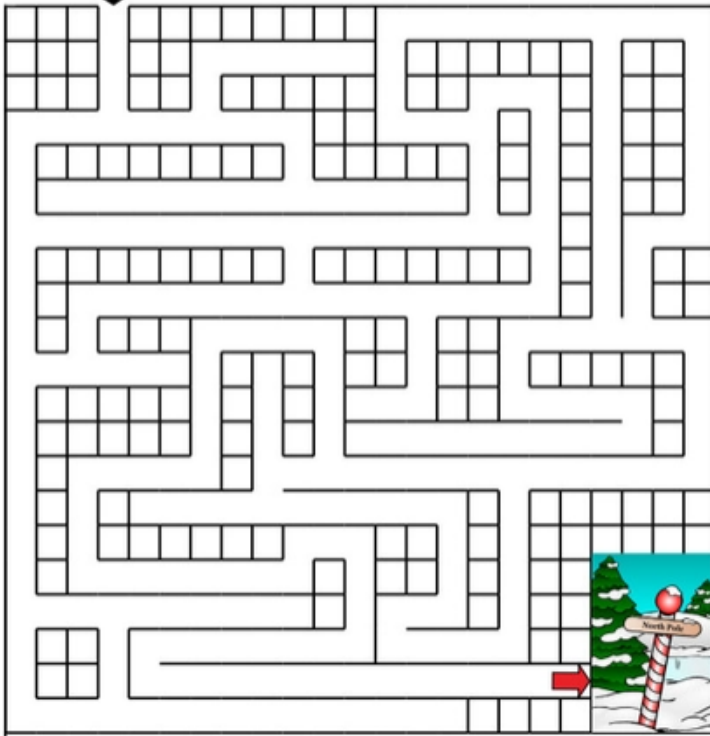
Kids Corner

BY DEEPALI



SANTA'S MAZE

Help Santa return to his home at the North Pole by finding him a clear path through the maze.



Riddles

1. WHICH OF SANTA'S REINDEER HAS BAD MANNERS?
2. WHAT FALLS BUT NEVER GETS HURT?
3. WHAT DOES SNOWMAN EAT FOR BREAKFAST?
4. WHAT KIND OF A BIRD CAN WRITE?
5. WHAT KIND OF A BALL DOESN'T BOUNCE?

Find **12** differences



Riddles answers: 1. Rude-olph 2. snow 3. snowflakes 4. Pen-guin 5. snowball

MONTHLY HOROSCOPE



BY MONICA KAUSHAL

Aries (March 21 – April 19): You will have to accept the reality of your finances and need to be cautious about your finances, don't ignore your financial problems. You are not ready for the relationship yet. You still need to be prepare before you enter into a relationship. There are two major factors in your career that you are deeply concerned about. It is time for you to step back and better assess the situation. You may experience Poor blood circulation in legs.

Taurus (April 20 – May 20): Money will be favourable and would be a good time for investment. You will receive financial guidance with regard to your money matters from an older woman. You may experience slight insecurity in your love life. Planetary influences suggest that you may feel trapped in your career and may experience feeling powerless. You will experience overall good health. Over time, with good care all illness will heal properly.

Gemini (May 21 – June 20): Planetary influences will be favourable and your financial situation will stabilizing due to your hard work and you may also get a windfall. On the love front, you may feel lonely in your relationship. You may need to make more effort to connect with your partner. Career opportunity may bring may be work related travel. There is a strong possibility that you will got a good career opportunity through someone else. You will experience overall good health this month.

Cancer (June 21 – July 22): Money matters will be favourable and will reap the fruits of your labour. You will get rewards, bonus, and profits in your investment. On the love front, you need to learn from your past mistakes before you go ahead with a new relationship. For couples, you need to ensure you are giving enough time to your relationship. Your career may get you some interesting projects soon and your hard work will be rewarded. Watch your health as you may experience some Chronic and severe pain, fatigue or mental depression.

Leo (July 23 – August 22): Planetary influences may not be favourable for investing, don't make impulsive decisions. Overall cash inflow will be satisfactory, but do not indulge in extra expenses. You may be in for some good news as you may meet someone who you will connect with intellectually. Work will bring travelling opportunities overseas. You will soon be free of any conflict at work place. On the health front, you will experience good health. It will be an ideal time to set new health & fitness goals for yourself.

Virgo (August 23 – September 22): Money will be favourable and two sources of income will help you save money. On the love front, you will get what your heart desires and it may be a good time for a luxurious romantic vacation. Work will bring a harmonious business partnership and you may receive career opportunities for change of job. You may feel vitality and energy, but be careful about minor accidents.

MONTHLY HOROSCOPE

BY MONICA KAUSHAL



Libra (September 23 – October 22): Be cautious as you may face some financial problems. It is advised that you get professional financial advice if you are unaware of your options. For singles, planetary influences will be favourable and would be a good time for marriage and engagement. For couples, you may enjoy harmony in your family life. On the work front, you will get a promotion or purchase a house. You will get support from your boss or co-workers. Your dedication will be recognized by your seniors. Watch your health as you may experience stress or tension.

Scorpio (October 23 – November 21): Try to strike a balance in your finances. Do not make risky investments at this time. On the love front, time may bring a major change in your relationship. Planetary influences may bring you to a point where you will have to make an important career decision to either follow your heart and your passion. Any medical issues will soon improve. You may also want to look into alternative medical options for overall health improvement.

Sagittarius (November 22 – December 21): Planetary influences will be financially favourable. You are likely to receive a promotion and your hard work will be rewarded. For business men, someone is going to finance your project. On the love front, you will experience a secure and stable relationship. You may have a change in your job, transfer or work related travel. Watch your health as you may experience some Fatigue and exhaustion.

Capricorn (December 22 – January 19): Planetary influences may not be favourable for money matters, so be careful. There also an indication of loss or a law suit. You will feel lack of excitement in your love life. Spend some quality time with your partner. Work may bring tense situations and you may have to take defensive measures to avoid such circumstances. Take good care of your health, neglecting or ignoring the issues it is likely to worsen your health.

Aquarius (January 20 – February 18): Money matters will be favourable and you will experience a positive usurping in your finance. You may get a great investment opportunity or you may receive an unexpected windfall. You may feel loneliness in your love life. Some quality time away from the stress is needed to help couples reconnect. On the work front, you may require a mentor or a specialized training to improve your career prospects. It is a good time if you want to work in healing, counselling or coaching sectors. You will experience overall good health.

Pisces (February 19 – March 20): Planetary influences will be favourable, your financial situation may be comfortable and rewarding soon. On the love front, you may be putting extra effort into your relationship and this could have great rewards. Work may bring opportunities where you will have to make choice in your career. It may indicate a big change coming or a change in the current job. The month brings, stability of health and return of good health.

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 spiritual 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 an 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 learned angel therapist.

Words of wisdom from the Founder

"Namaste, our world of wisdom group is expanding exponentially everyday. People from all across 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 Rekha Singh
(Senior Gynecologist)

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 worked like
a therapy in sciatic pain
- Shikha*

*I am thankful to Ajay ji and
his reiki team for healing me
- Sapna*

*WOW is BEST !!
- Deepa*

*Palmistry readings
by Ajay ji were of
great help
- Shweta*

*My problems were
sorted by the
astrological
predictions - Anu*

*Monika Ji's Torot readings were
of great help for me in
my difficult time*



Our Mentor
Mr S K Kohli
Senior Astrologer



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

**For more details contact us @
Mobile: 9810747142**

Email: theauraofworldofwisdom@gmail.com

YouTube channel: [theauraofworldofwisdom](https://www.youtube.com/channel/UC...)

Facebook: [cosmic connection](https://www.facebook.com/cosmicconnection)

Salient points of our group:

- Weekly knowledge sessions
- Free Reiki sessions
- Yoga and meditation
- Group discussions
- Astro/vaastu help
- Live on zoom through secured link

UPCOMING COURSES

- Tarot reading
- Basic astrology
- Reiki healing
- Palmistry
- Yoga & Meditation

How to join us ?

- Connect with us via phone
- Join our yearly subscription
- Enjoy our sessions online
- Limited period offer of annual membership
- Limited places available