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World of Wisdom

2021

Happy New Year

Nadi and Chakras

BY AJAY KUMAR

According to Yogic Physiology human body consists of Nadi, Granthi, Chakra and different types of Vyana. Let's understand the Nadis and Chakras:-

Nadis

According to vedic scriptures there 72,000 nadis in human body. The network of nadis help Prana flow in body. For a healthy body and mind it is very important that prana flows in the body freely. When there is blockage or hinderance in the flow of prana there are chances of creating 'Vyadhi'.

Out of all Nadis, 3 of them have special importance - IDA, PINGALA and SUSHUMNA

IDA arises in the left side of the body and represents the moon principle.

PINGALA begins on the right side of the body and symbolises the sun principle.

SUSHUMNA runs through the central channel of the spinal cord and represents the consciousness.

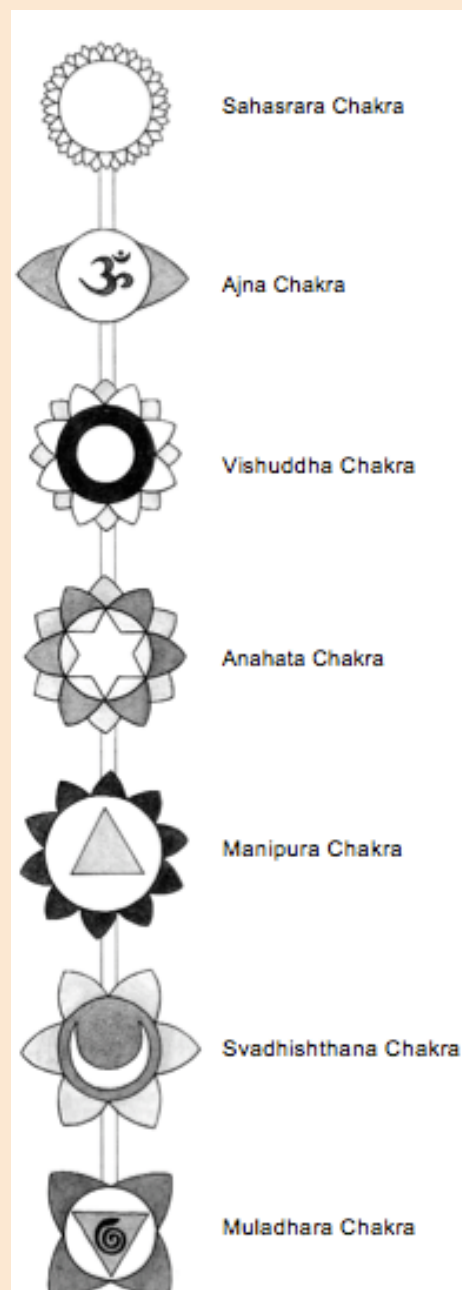
When you breath through the right nostril the prana flows prominently in Ida. And when your breath heavily through the left, the prana flows through Pingala. These 2 represents duality of the living.

Sushumna Nadi is the center. Activation of sushumna, makes a person more tranquil , calm and joyful. Balancing the Sushumna is a state many try to achieve!

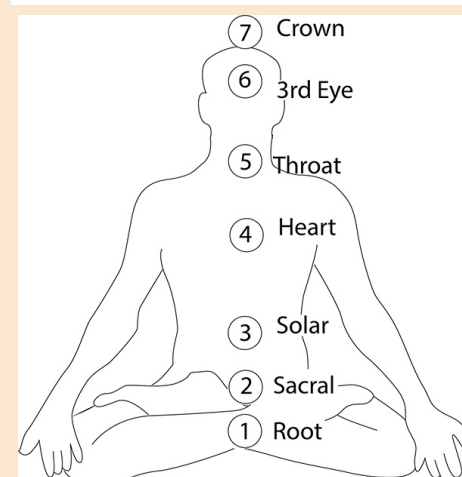
Chakras

Point of intersection of these 3 nadis makes a whirlpool of energy along the spine called chakras.

There are 7 main chakras in the human body. The energy rises from the base of the spine to the crown of the body.



The Seven Major Chakras



MINOR CHAKRA SYSTEM

BY AJAY KUMAR



Minor Chakras are energetically powerful acupoints that are “reflected points” of the seven major chakras having similar properties to their more illustrious counterparts.

There are 21 Minor Chakras distributed all over the body. These 21 are further grouped into 10 bilateral minor Chakras that correspond to the foot, hand, knee, elbow, groin, clavicles, navel, shoulder and ear.

These are about 3 inches in diameter and are 1 inch distant from the body.

- Hand and Foot which are linked with the CROWN chakra
- Elbow and Knee which are linked with the ROOT chakra
- Groin and Clavicular which are linked with the BROW chakra
- Shoulder and Navel which are linked with the THROAT chakra
- Ear and Intercostal which are linked with the HEART chakra

KNOW YOUR CHAKRA DEITIES

BY ASHISH MATHUR



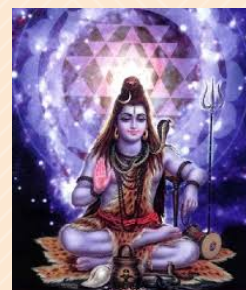
Root Chakra: Ganesh is the elephant god who removes all obstacles. The goddess is expressed as Dakini Shakti, which is also the source of kundalini, the fire serpent of creative energy that represents your drive.

Sacral Chakra: Brahma is the god of creative energy and as such represents the creative energies of the Sacral Chakra. Rakini Shakti is the aspect of the goddess ruling the Sacral Chakra, embodying self-expression.



Solar Plexus: Vishnu is the great preserver and peace bringer who brings positive emotions through the Stomach Chakra. Lakini Shakti is the aspect of the goddess ruling the Chakra and embodies the principles of independence.

Heart Chakra: Rudra is the unpredictable god of the weather who brings sudden change and exerts his power over the Heart Chakra. The female energy Kakini Shakti embodies spiritual purity through this Chakra



Throat Chakra: Isvara, an aspect of Shiva as ruler of the universe, is the presiding god of the Throat Chakra. Shakini Shakti is the female influence and she bestows the higher powers of memory, intuition and will.

Third-eye Chakra: Paramashiva is an aspect of Shiva as the supreme self, the highest development of humanity before uniting with the divine in the Crown Chakra. Hakini Shakti is the aspect of the goddess ruling the Third Eye Chakra and she dispels fear and grants boons, bringing an awareness of unity.



Crown Chakra: Shiva resides in the Crown Chakra as the bringer of liberation and ecstasy. Maha Shakti is the goddess aspect and becomes Kundalini Shakti in her highest form as she unites with Shiva.

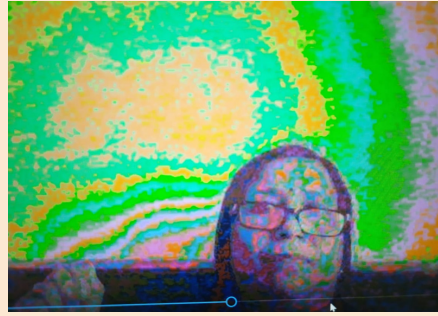
To contact your Chakra deity you should meditate on the image of the deity and try to visualise it in your mind. This is best done by building the image up, adding the details as you concentrate.

(Ref: <https://sarahwayt.com>)

What does your Aura colour tell about yourself



BY AJAY KUMAR



To get your
Aura picture
Contact:
Dr Ajay
Kumar

RED: Strength, Will Power, New Beginnings, Leadership, Action, Practicality, Passion. Reds are encouraged to get plenty of exercise and get into nature to achieve balance. Heavy and dark typically indicates low energy

ORANGE: Creative, Confident, Independent, Collaborative, Excellent People Skills, Loves Challenge. Can be emotionally aloof, so to revive orange energy get into water, or visit a river or ocean. Orange is usually found in entrepreneurs, successful sales people, or those who work with many people.

YELLOW: Optimistic, Enthusiastic, Open-Minded, Loves Variety and Freedom, Generous, Playful, Whimsical. Yellows provide an atmosphere where people are comfortable being themselves.

GREEN: Growth, Goal-Oriented, Determined, Focused, Ambitious, Competitive, Perfectionist. Greens worst enemy are themselves, often holding themselves back. They are encouraged to identify and be accountable for what they want: They should write it down, and go for it.

BLUE: Depth of Feeling, Trust, Devotion, Loyalty, Nurturing, Personal Relationships, Supportive, Intuitive, Sensitive. Singing in a choir (one voice of many), attending or taking part in theater, or any water activity like sailing, paddle boarding, etc., will help this color feel more connected.

PURPLE: Visionary, Unconventional, Non-Judgmental, Playful, Loves to be Inspired and Delight Others. To avoid feeling overwhelmed, purples must trust in their vision and share it with others. Keep a journal.

WHITE: Higher Consciousness, THE SOURCE, Destiny, Intense Energy, Cosmic Wisdom. Congratulations you've made it! Now do it all over again.

TAN: Detail Oriented, Cautious, Logical, Strategic, To-Do Lists, Highly Intelligent. Tans make great planners and work well with structure. It is recommended that tans visit natural wonders or watch/read inspirational biographies to avoid getting stuck in a limited train of thought.

Significance of Colors in Astrological Remedies

BY SHIKHA WADHWA

The visible light which is a mixture of seven colors gets manifested in violet, indigo, blue, green, yellow, orange and red (VIBGYOR). These colors originate from the Sun and travel in different wave lengths with varying energy intensities. The visible light is the source of all life in the biosphere and it is responsible for all the biogeochemical cycles in the environment of the earth which sustains all the plant and animal life including the life of human beings. The main driver of energy is the Sun from where the color waves originate.

The color of the Sun is a combination of orange and red. However, it is generally considered red in color. The Moon is pale white but it reflects the orange red rays of the Sun. Mars is of red color but it also reflects the yellow rays of the Sun. Mercury is of green color and reflects green rays. Jupiter is of orange-yellow color but reflects mainly blue rays of the spectrum. Venus is considered to be pure white but it also reflects indigo rays of the spectrum. Saturn is of black color and reflects violet rays of the Sun. The two shadow planets Rahu and Ketu have also been assigned colors in Vedic astrology. Rahu is considered to be black while Ketu is brown.

Colour of Sun Planet: Since the color of Sun is red, the strengthening of Sun in the horoscope of an individual should be done with red flowers or saffron-color items. The recommended stone is ruby which is also red. This color represents energy and power. It also shows vitality and creativity. However, excess of red is harmful. Therefore, the weight of the gemstone has to be carefully decided. This color is not recommended to be used for people who have heart trouble.

Colour of Moon Planet: It is pale white. This color contains all the seven colors of the spectrum and has purifying properties. It influences the thought process and leads towards virtue and spirituality. However, excess of white is also not good. The astrological methods for strengthening the Moon in the horoscope revolve around white items like white flowers (white lotus, jasmine, lily etc), milk, curd, rice flour, white sandalwood etc and among the gems white pearl is prescribed.

Colour of Mars Planet: The red color Mars emits slightly yellowish rays. The difference between Sun red and Mars red is that the red in Sun indicates royalty while the red in Mars indicates violence. The redness of Mars associates with the RBC (red blood cells). Deficiency of Mars red can cause blood-related problems while the excess of red can be a cause of accidents and excessive aggression. For treatment of Mars-related problems red or yellow color is prescribed. The gems prescribed are red coral and pink coral. Prescribed herbs and grains are red lentil, ashwagandha (winter cherry), turmeric and onions which coincide with its fiery nature.

Significance of Colors in Astrological Remedies

BY SHIKHA WADHWA

Colour of Mercury Planet: This planet is of green color and this color stands for balance, harmony and hope. It has the capacity to calm down agitated nerves and mind. Therefore, this color is good for people suffering from heart problems. This is also good for pregnant women. Excess of greens can cause lethargy. Since, Lord Vishnu is symbolized by Mercury, green color basil leaves (tulsi) are recommended for Mercury-related problems. The other items are bhringaraj (Eclipta Alba), passion flower, zizyphus, mint, sage etc. The compatible gemstone is green emerald.

Colour of Jupiter Planet: The color of Jupiter is yellow or yellowish orange. The effects of both these colors are generally positive. This is, therefore, a benefic planet. Its color has a warming effect and energizes the nervous system. The yellowness produces stimulating effect on intellect. The compatible items for treatment of Jupiter-related problems are ashwagandha and other yellow flowers. Nuts like almonds, walnuts and cashews are also prescribed. The compatible gemstone for Jupiter is yellow sapphire and yellow topaz.

Colour of Venus Planet: The color is pure white which is a combination of all colors of spectrum. Moon is pale white but Venus is bright white. The effects of the white color are the same as in Moon but Moon represents simplicity while Venus represents sophistication. The compatible items for treatment of Venus related problems are rose, saffron, jasmine, lotus, lily, white musali (Asparagus adscendens), amalaki (Embllica officinalis), aloe gel (Aloe Vera) etc. The compatible gem stone is diamond. White zircon and quartz crystal are also prescribed.

Colour of Saturn Planet: The color of Saturn is black. This color is caused by the absence of light. The rays emitted by Saturn are of violet color. Black is a calming color for agitated persons and is also known for its protective properties. There are negative qualities also like resistance, obstruction, opposition, and enmity. Excess of black is a cause of depression. The compatible items for treating Saturn-related problems are generally of black color like, black sesame, urad, shilajit (Ozokerite), comfrey root, triphala (herbs including amalaki, bibhitaki and haritaki), iron etc. The compatible gemstone is blue sapphire which is highly risky to recommend because of the fiery nature of the planet.

Colour of Rahu Planet: This shadow planet is regarded as smoky or black in color. The compatible items for treatment are camphor, bayberry, eucalyptus, sandalwood, lotus etc. Gomedha (hessonite garnet) is the recommended gemstone for Rahu-related issues.

Colour of Ketu Planet: This shadow planet is generally considered brown in color. Brown color is not the original color of the spectrum. The compatible items for treating Ketu-related problems are bayberry, wild ginger, juniper, bhringaraj, skullcap, passion flower etc. The recommended gemstone is cat's eye (chrysoberyl family).

What are Crystals ?

BY ANUPAMA AGARWAL

When atoms present underground undergo three-dimensional pattern change due to effect from light, moisture, pressure and other natural sources, they form a unique structure called – Crystals. Since these are grown underground, these are also referred as minerals. So, crystals are basically minerals that are formed due to continuous processing of atoms underground.

The process of crystals forming is called crystallisation. Crystals often form in nature when liquids cool and start to harden, example- snowflakes. Another way crystals form is when water evaporates from a mixture. Salt crystals often form as salt water evaporates. In nature, crystals can also form when liquid rock, called magma, cools. If it cools slowly, then crystals may form. They come in various structures.

Different Structures of Crystals

Single terminated wands: These have a single point at one end and a rough or rounded edge at the other. They are used widely in healing, cleansing and meditation and as jewelery.

Chunks: Chunks are crystals without notable facets. They can be good for enriching a room's atmosphere, for holding during meditation or simply carrying in your pocket.

Clusters: Clusters consist of a group of small crystals that have naturally grown joined together. Clusters can be excellent for enriching a living environment or workplace. Depending upon their properties they can cleanse, invigorate or calm an atmosphere.

Cut crystals: Cut crystals are crystals that have been cut and polished into shapes such as pyramids, wands or spheres, which can make them very attractive.

Tumble stones: Tumble stones are small stones, rocks or crystals that have been tumbled over each other many times with increasingly finer abrasive until the sides become smooth and shiny. Many people like to carry a crystal tumble stone around in their pocket to keep the energy of the stone with them throughout the day.

Ball: Balls emit energy in all the directions equally. Helps in space healing, can be used as stress reliever when rubbed between the palms.

Egg: The egg shape can be used to help shield, heal or strengthen the aura.

Pyramid: Pyramids have four triangular sides and a square base. Pyramids both anchor and direct energies.

Raising Children in a World of Technology

BY MAHIMA MATHUR

Raising children in an age of technology is the current challenge all parents face. This generation had the last truly low-tech childhoods, and now they are the first of the truly high-tech parents. While we know very little about the future of technology, we do have ample study on the adverse effects of screen time.

Here are nine important strategies which parents can use while raising children in an age of technology:

1. **Technology should not be discouraged in a home:** Parenting is not about shielding today's children from the tools of the world, but equipping them to use those tools properly. Reach them how to use technology effectively and to its fullest potential.
2. **Moderation should be encouraged and modelled:** It is recommended that screen should be avoided entirely for infants and children under age 2. For older kids, parents should make wise media choices, monitor their media diet for both duration and content.
3. **Age restrictions on technology:** Kids should not be allowed to have accounts on social media networks (or others) before the minimum age limit is reached. While some kids under the age of 13 may be mature enough to use the networks wisely, there is a bigger issue at play—honesty. When we allow our children to misrepresent their age/identity solely for the purpose of gaining access, we set a dangerous precedent.
4. **Face-to-face conversation:** Technology cannot replace human touch and conversation. Older generations will argue technology is destroying conversation, younger generations will argue technology is enhancing it. For our children to be successful in communicating with older generations, they must be able to communicate both online and in-person.
5. **Set Priorities:** Technology tempts us to leave present conversations, procrastinate important work, lose the ability to self-reflect or spare time for family. Teach the kids that the ones who learn to overcome this temptation shall succeed in the future.
6. **What you do with technology:** Technology can be used for consumption as well as creation. This is one of the most important distinctions of technology that we can teach our children. We can play video games or we can create them. We can browse Facebook or we can create places and communities that serve a purpose. Creation trumps over consumption any day. Help your children know the difference.
7. **Ones self-worth cannot be calculated by likes, shares and retweets:** The praise on the social media is a last thing to measure our worth. It is a foolish, ever-changing target. It negatively impacts the decisions we make and the life we choose to live. It is important for our kids to understand their self-worth must be found elsewhere. And it is equally important for us as adults to learn the same.
8. **Don't believe everything on the Internet.** We post our most glorious moments online, but hide the most painful. We build a facade of happiness, success, and an image of having it all together. But inside, we are as lost and broken as the next person. And our children need to know the danger of comparing themselves to the rose-coloured profiles created on social media.
9. **Technology is a tool:** Technology should make our lives easier and more efficient. Purchasing technology purely for the sake of owning technology is a fool's gold. Before buying it, ask "What problem does it solve?" And if a new technology is not solving an existing problem, it is only adding to them.

MONTHLY HOROSCOPE

BY MONICA KAUSHAL



Aries (March 21 – April 19): Planetary influences will favour you and you will enjoy good financial stability. You will experience a solid, stable and committed relationship. Planetary influences suggest that you may walk away from your current job and may consider a complete career change. You need to take care of your health as you may experience emotional problems.

Taurus (April 20 – May 20): Planetary influences will favour you monetarily this month. You may receive good news financially. Planetary influences will be favourable and would be a good time for couples looking to get Engagement or Married. You may feel distracted at work place and it might be hard to focus on the projects in hand. You are likely to experience good health this month.

Gemini (May 21 – June 20): It is the right time to buy a car and for travelling. You will likely to meet someone who will be kind and generous to you. Planetary influences will be favourable and you may receive a promotion or you may be offered a job opportunity. You need to take care of your health as you may experience emotional problems.

Cancer (June 21 – July 22): You may experience a sense of being overburdened. You need to manage your spending habits. 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. Planetary positions will be favourable and things look positive to make future plans to achieve your ambitions. You may encounter lower back issues.

Leo (July 23 – August 22): You may experience a sense of being financially overburdened with responsibilities. Planetary position for couples looking to conceive and this month may be favourable to have a baby. This time is favourable and you are likely to achieve great success. You will also find new opportunities coming your way. You need to be watchful of your health as you may experience low vitality.

Virgo (August 23 – September 22): Financial problems may occur due to heavy expenses. You may experience unhappiness with the way your relationship is going at the moment. You may experience isolation at your work place. You are likely to experience good health this month.

MONTHLY HOROSCOPE

BY MONICA KAUSHAL



Libra (September 23 – October 22): Self-employed individuals and individuals seeking higher education can expect good news. For singles, you may be in for some good news and you are likely to meet your soulmate. You need to strike a balance, as you are putting too much focus on your career, rather than sharing your attention between activities in your day to day life. It is advised that you take-up meditation or undergo Reiki as it will be helpful to release your negative energy.

Scorpio (October 23 – November 21): You need to be vigilant about your finances this month. You will experience a solid, stable and committed relationship. Planetary influences will be favourable for a new job opportunity and you may receive an opportunity for work-related travel. Listen to your body as it gives you signs of what it may need.

Sagittarius (November 22 – December 21): You may experience both inflow and outflow of cash, with quick movement of money. You will have to maintain a strong balance in your relationship which will help you will get what you desire. Your work and effort is being watched and evaluated at your work place. You are likely to expect a positive outcome. Take good care of your health, neglecting or ignoring the issues it is likely to worsen your health.

Capricorn (December 22 – January 19): This month will be favourable and you are likely to receive good financial support or a grant/donation. You will likely to meet someone who will be kind and generous to you. The time is very favourable and self-employed individuals are likely to flourish. Watch your health as you may experience some Chronic and severe pain, fatigue or mental depression.

Aquarius (January 20 – February 18): You may be concerned about your future and financial security, but be careful of who you discuss this with. On the love front, you may feel lonely in your relationship. You may need to make more effort to connect with your partner. Planetary influences will be favourable for a new job opportunity and you may receive an opportunity for work-related travel You may experience health issues due to blocked or unexpressed emotions.

Pisces (February 19 – March 20): Be watchful, you need to be extremely cautious as you may experience some deception with regard to money matters. Be cautious about romantic decisions as this month may not be very This time is favourable and you are likely to achieve great success. You will also find new opportunities coming your way. You will need to follow a healthy routine and incorporate a healthy diet, along with meditation.

Vaastu tips

by Himanshu

- Considered as the "archway to victory and progress in life", the main door should face north, east or in the north-east direction.
- It must be constructed in a way to ensure that when you step out, you face the north, east or north-east direction.
- The main door to your home should be constructed with superior quality wood.
- It should tower above the other doors in your house, and look the most appealing.
- Avoid placing a fountain, or any other decorative water-centric element, outside the main door.

Knowledge of the month

"जिसे तुम चाहते हो उससे प्रेम करना नगण्य है। किसी से इसलिए प्रेम करना क्योंकि वह तुमसे प्रेम करता है यह महत्वहीन है। किसी ऐसे से प्रेम करना जिसे तुम नहीं चाहते, मतलब तुमने जीवन से कुछ सीखा है। किसी ऐसे से प्रेम करना जो तुमसे घृणा करे यह दर्शाता है की तुमने जीवन जीने की कला सीख ली।" ~ श्री श्री रवि शंकर

To love someone whom you like is insignificant. To love someone because they love you is of no consequence. To love someone whom you do not like means you have learned a lesson in life. To love someone who blames you for no reason shows that you have learned the art of living. " ~ Sri Sri Ravi Shankar



Daadi maa ke nuskhe

कटे-फटे पैरों से छुटकारा: सफेद चीनी + ब्राउन शुगर + बेबी ऑयल + वनीला एक्सट्रैक्ट यह नेचुरल रेमेडी आपके पैरों को खूबसूरत दिखाने के लिए काफी अहम है। आपके पास टाइम नहीं है तो इस रेमेडी को ट्राई करें। सफेद चीनी, ब्राउन शुगर, बेबी ऑयल और वनीला एक्सट्रैक्ट को आपस में मिला लें। अब इसे अपनी एड़ियों पर हल्के हाथों से मलें और कमाल देखें।

ऑयल फ्री हेयर: केला + दही + शहद कई बार बालों को 2-3 दिन तक न धोने पर इनमें ऑयल अपने आप आ जाता है। ऐसे में सुबह-सुबह इन्हें धोना आफत से कम नहीं होता। ऐसे में ये पैक आपके काम आ सकता है, क्योंकि इसमें इस्तेमाल होने वाला सभी सामान आसानी से आपके घर में उपलब्ध हो जाएगा। एक पका हुआ केला लें। अब इसमें दही और शहद अच्छी तरह मिला लें। इस मिक्चरसे बालों की नमी हटाकर इन्हें चमकदार बना देगा। इस पैक को अपने पूरे बालों पर लगाकर अपने बालों को शॉवर कैप या टॉवल से कम से कम 30 मिनट के लिए कवर कर दें। बाद में बाल साफ पानी से धो लें।

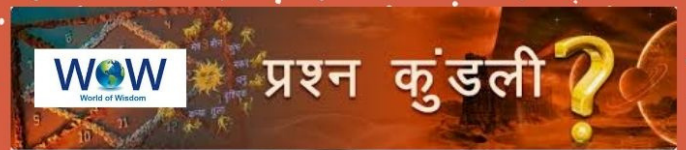
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By
Kishore
Ghildiyal

RECIPE OF THE MONTH

BY ARTI MATHUR

तिल कलाकंदः

सामग्री :-----1कप सफेद तिल 100 ग्राम पनीर 1कप मिल्क पाउडर 3/4कप चीनी 1/4 स्पून इलायची पाउडर 3/4कप दूध 1टी स्पून घी 2 टेबल स्पून बारीक कटे बादाम पिस्ता। विधी :1-तिल को एक पेन में डालकर भूनें। (हल्की आंच पर भूने)2-पनीर को कटूकस कर लें। 3-एक पैन में मिल्क पाउडर, पनीर, पिसा तिल, और दूध डालकर धिमी आंच पर लगातार चलाते हुए पकाएँ। 4-अब चीनी मिलाकर पकाएँ। 5-जब मिश्रण गाढा होने लगे तो घी और इलायची पाउडर डाल कर मिलाएँ। 6- एक मोल्ड में बटर पेपर लगा लें, घी से ग्रीस कर लें। 7- मिश्रण फैला लें, फ्रिज में 2घंटे के लिए सेट होने के लिए रख दें। 8- 2 घंटे बाद फ्रिज से निकाल कर किसी प्लेट में पलट कर पिस्ता बादाम की कतरन से सजाकर सर्व करें।।।

तिरंगी ब्रेड खाडंवी

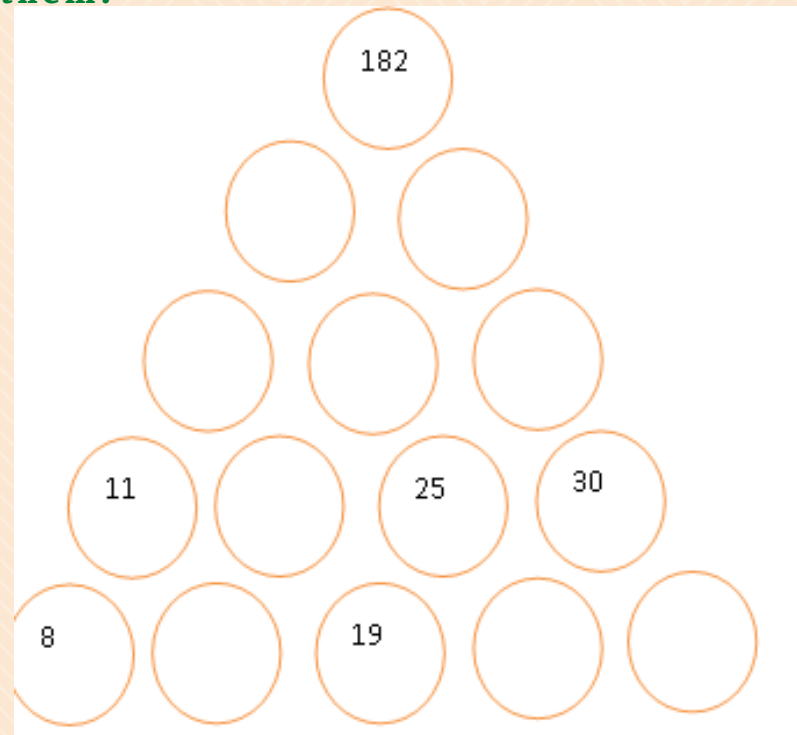
सामग्री -----7-8 ब्रेड स्लाइस 1कप दही3टेबल स्पून बेसन 1 चम्मच अदरक हरी मिर्च का पेस्ट 2कप पानी 1 चम्मच चीनी 2 चम्मच तेल नमक स्वादानुसार तडके के लिए :1/2 चम्मच राई, जीरा, हींग, सफेद तिल। 2-3हरी मिर्च। नारंगी, हरा फूड कलर बनाने का तरीका :-----1-ब्रेड को तोड़कर मिक्सर में पिस लें। 2- अब इसमें दही, बेसन डालकर फिर से चला लें। 3-एक कडाही में निकाल लें। 4-पानी, अदरक मिर्च का पेस्ट डालें। 5-लगातार चलाते हुए पकाएँ, नमक-चीनी मिलाए। 6- मिश्रण गाढा होने तक धिमी आंच पर लगातार चलाते हुए पकाएँ। 7-तीन थाली को ग्रीस करें।8- मिश्रण को तीन जगह निकाल लें, एक भाग में ओरेंज फूड कलर मिला लें, दूसरे भाग में हरा फूड कलर मिला लें।9-तीनों रंग के मिश्रण को अलग -अलग फैला लें।10-चाकू की सहायता से लम्बी लम्बी पट्टी कांट लें। रोल कर लें। 11-अब तडके के लिए पेन में तेल गर्म करे, राई, जीरा, हींग, तिल डालें, हरी मिर्च व करी पत्ते डालें।12-एक प्लेट में नारंगी खाडंवी, फिर सफेद खाडंवी, फिर हरी खाडंवी से सजाएं। ऊपर से तडका फैलाएं। तिरंगी ब्रेड खाडंवी तैयार है।

Kids Corner

BY DEEPALI

Egg Mystery

Start from bottom and reach the top. Add the numbers on two adjacent eggs and write the sum on the egg above them.



Secret Treasure Number

Find my Secret Treasure Number by crossing out the numbers as per the clues.

1. It's not 9-2.
2. It's not $32+2$.
3. It's not an even number.
4. It's not $14+3$.
5. It's neither greater than 30 nor less than 10.

24 14 12

7 17 52

21 46 36

Riddles

1. What can jump higher than a building?

Answer: Anything that can jump — buildings don't jump, silly!

2. An elephant in Africa is called Lala. An elephant in Asia is called Lulu. What do you call an elephant in Antarctica?

Answer: Lost.

3. Imagine you are in a room with no windows or doors. How will you get out?

Answer: Stop imagining.

4. A group of bunnies were having a birthday party. What kind of music were they listening to?

Answer: Hip hop music.

5. Where would you take a sick boat?

Answer: To the dock.

Weather Word Search

T	W	I	N	D	Y	S	A
H	X	Q	Z	S	N	U	S
U	A	V	F	N	U	N	T
N	K	I	N	O	O	N	O
D	F	H	L	W	G	Y	R
E	C	D	I	Y	G	D	M
R	A	I	N	Y	K	S	Y
Z	E	F	R	O	S	T	Y
C	L	O	U	D	Y	O	W

DR AJAY KUMAR FOUNDER, THE WORLD OF WISDOM



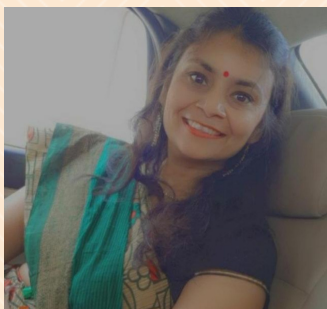
Dr. Ajay Kumar is a renowned Reiki & Karuna-Reiki Master. He has acquired knowledge of Reiki from several renowned Reiki Masters including William Hauw of Australia – a Lineage of Takata. He has done Reiki Mastership from Narmata and Narendra Bahtia. Besides, he acquired MAGNIFIED HEALING Mastership 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.

Member of the month



Mr. Kamal Sharma



Mrs. Neelu Singhal

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Ajay ji's palmistry readings are very precise - Dr Renu

*World of wisdom's Reiki team is incredible
- Lalit*



Our Mentor
Mr S K Kohli
Senior Astrologer



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