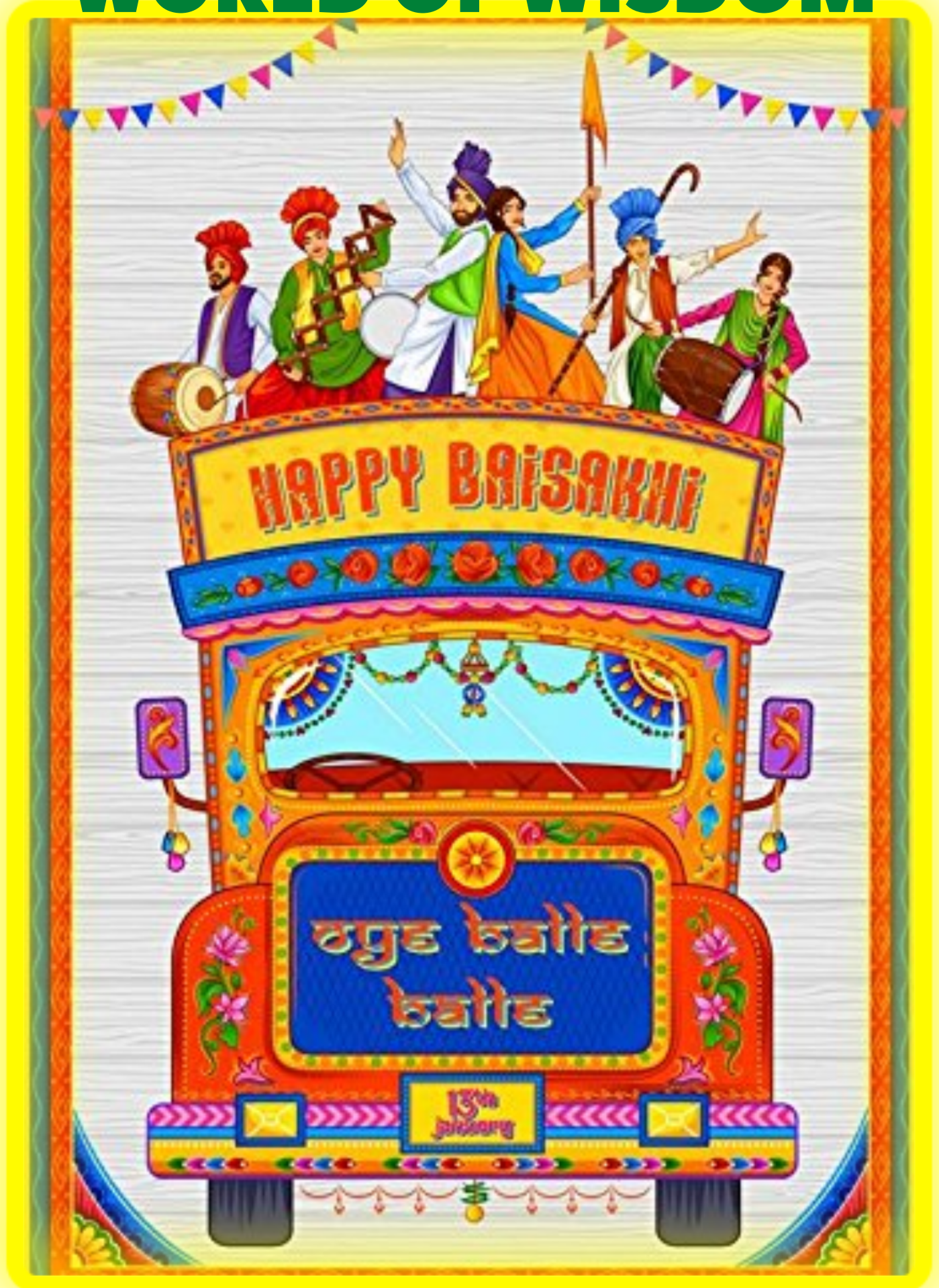


WORLD OF WISDOM



Corona-Astro connection BY S K KOHLI

The sole purpose of this article is to connect methodology to our learning Astrologers and to stir their mind directed in Astrology. This article is a thought put before our esteemed readers to think and explore the subject.

Astro medical view-There are 9 opening in body as 2 eyes (sun, moon), 2 Nostrils (Venus, mercury), mouth (Venus), 2 Ears (mercury, Saturn), anus (ketu) and generative organ (Rahu). This virus can enter via mouth (Venus, Taurus, 2nd house), nose (Venus, mercury, 2nd house, Taurus) and eyes (sun, moon, Taurus, 2nd house) and dribbles down to throat (mercury, 3rd house, Gemini) which affects lungs (Gemini, 3rd house, mercury, Ardra nakshatra) restricting expansion (Saturn, Jupiter). We must notice that there is nearly contribution of all planets in varying magnitude to determine any event.

In nutshell, 2nd, 3rd house and more precisely Taurus and Gemini signs along with Venus, mercury and nakshatra Ardra are major players. Ardra (ruled by Rahu) falling in Gemini sign denotes thunder storm and lightening of Lord Shiva produces surges of thunder which damages our human computer processor mercury. This lightening may be originated from Scorpio sign ruled by Mars damaging mercury. If this is not protected by surge protector like Rudra mantra etc. which I shall take in later article.

Who are more susceptible- The persons having Gemini sign afflicted and ketu in 2nd house and having 2nd and 3rd house linked are more prone to this problem but we must not judge this only on this basis. The logical reason for this appears as ketu in 2nd house makes one ignorant and reluctant and gives free access where it resides. In this case if 3rd house (hands) and 2nd house (face) are linked, it makes easier to put hand over face/ face organs and more reluctant and ignorant behavior due to ketu. This has been the major cause of transmission of this disease.

The disease is linked with fear (Saturn) and sudden exit Mars, 8th house and Scorpio sign). From Gemini sign, 6th is Scorpio a sign of suddenness event and 22nd dreshkona lies in Scorpio denoting circumstances of exit from world. In case if ketu is in 2nd house, Rahu shall be in 8th aspecting 12th house (exit gate) and in mysterious way as aspect of Rahu on 12th house. Moreover Jupiter being planet of expansion and if linked to Gemini sign/3rd house facilitates expansion of lungs and easy breathe. This may be positive aspect while Saturn link to Gemini/3rd house may create trouble as being planet of contraction.

Remedies-We must follow medical precautions and remedies suggested by Doctors. Few Astro remedies based on various variables are suggested below:

1. Reciting Mantra for Ardra nakshatra like om Rudraya namha.
2. Jupiter is important as being lord of Pisces, 12th house as exit gate of this world. Jupiter represents turmeric so turmeric in hot water (Mars) should be used for gargles.
3. Our immune system is represented by strength of sun so water kept in copper vessel should be kept in sunlight and that water may be used to drink.

We must regard and pay salute to our Doctors, nurses and healthcare personnel anywhere in any capacity who are putting their lives on risk to save us. Wishing all of you with safe and secure health.

Heal yourself with water

BY AJAY KUMAR

The existence of life in the entire universe is determined by the presence of water. About 71 percent of the Earth is covered with water and every living thing depends on it. Water has been revered by people throughout history. Around the world and across different cultures, "water ceremonies" are performed to heal people, animals and plants. It has been known for its healing properties.

According to Dr. Masaru Emoto, a Japanese researcher, who became popular (especially in the world of alternative healing) for his work on water and energy, our vibrational energy including our words, sounds and even intentions (even including our thoughts and ideas) can affect the crystals of water. Whatever the water feels, hears and sees stimulates its change in molecular structure as it copies, memorizes and carries information. In light of this discovery, we can say that water does have memory. It has the ability to retain whatever it is exposed to.

Here are few simple water healing rituals you can do yourself at home:

1. **A Cup of Water For Immediate Healing** - Pour yourself a cup of water and hold it between your hands. With pure intention, channel your intention with what you'd like to bless the water with. Imagine or simply feel that your intention is being transferred into the cup of water, into each cell of the water. When you feel like the intention is set into your water and you're ready, take a deep breath in and take your first sip of the water. Allow yourself to sit with the residue of that water and imagine or feel the message of your intention being carried into every part of your body. When you're ready, take your second sip and repeat the process until you'd like.
2. **Overnight Water Grounded with Intention** - Another option is to bless your water first and allow that intention to sit overnight for 10-12 hours. Envision the healing light in the water before drinking it. You can also infuse your drinking water with a written prayer. To do this, you need to write down your prayer of affirmation on a piece of paper and then wrap it around your water bottle (glass bottle preferable) before you sleep. When you wake up, utter the words of affirmation you wrote in the paper and as you drink this water, feel the vibration of your affirmation as it cleanses and heals every cell in your body.
3. **Use Healing Water For Cooking** - Say a prayer for the water you would use for cooking and serving others. Express gratitude and pray that it would cleanse and heal the bodies of those who would consume and drink from it.

With water everywhere around us, in the soil, in the rain, in the food that we eat, and even within us, we can experience the gift of healing with energy daily. The rule is simple: take a moment and say words of affirmation to the water that you drink, the water you would bathe in or to anything that contains water. Charge it with gratitude. And remember, your body is approximately 70 percent water, too, so doing these simple things can also affect you within.

Know about Baisakhi

BY SEEMA

Baisakhi is a Harvest festival and like all things Punjabi, it is one that involves the society, colors, food, music and dance. Baisakhi is observed in other Indian states too.

Baisakhi is the Sikh New Year's Day as it is not just a Spring-time harvest festival but also a day that is commemorative of the formation of the Khalsa Panth of warriors under Guru Gobind Singh in 1699.

Every year it is celebrated on 13 April and after every 36 years, on 14th April.

The word Baisakhi comes from the Hindu calendar month of Vaishakh. It is the second month in the Hindu calendar that begins with the month of Chaitra and ends with Falgun or Fagun. This is the time when the farmers in the northern part of India have harvested the season's crops and are gearing up for the next season's sowing.

On this day. Gurdwaras wear a festive look as they gear up to welcome the footfall of thousands of devotees. Sikhs take a holy dip in nearby ponds or lakes and don festive gears. Nagar kirtan processions are carried out, food-charity or Langar Seva is held.

Nagar Kirtan is the procession of Guru Granth Sahib - the holy book of Sikhs. This religious procession is carried out by devotees chanting or singing holy hymns. The procession is always led by the Panj Pyare (the five beloved ones who form the central part of the Khalsa), dressed in saffron. They are followed by the holy book of the Sikhs, Guru Granth Sahib, and other members of the procession. Sewadars or volunteers help clear beforehand the road through which the procession is to pass. The procession arrives finally at the designated Gurudwara where Ardas or the prayer is offered.

For the non-Sikh Hindus too, it is a holy day. A number of people mark it as a day to take a dip in a river or lake and then visit a temple, It is a day of making and sharing sweetmeats and dance and festivity.

Incidentally, Baisakhi - in its own local flavour, is observed in Bengal, Assam (Rongali Bihu) and Bihar too.

Sadly, it is also commemorative of the day in 1919 when an uncouth British colonial officer General Dyer opened fire on thousands of Indians at Jallianwala Baug in Amritsar. The death of thousands of festive revelers by the hail of bullets shocked the world and also set the narrative for independence from the foreign rule that ultimately came by in 1947.

चैत्र नवरात्रि 2021

BY SUSHMA GUPTA



हिंदु धर्म के पावर पर्वों में से एक नवरात्रि भी है। चैत्र माह की शुरुआत हो चुकी है और कुछ ही दिनों में चैत्र माह की नवरात्रि भी शुरू होने वाली है। यह त्यौहार पूरे भारत में हर्षोल्लास के साथ मनाया जाता है। यह दिनों तक चलता है और यह मां दुर्गा को समर्पित होता है। इस दौरान मां दुर्गा के नौ अलग-अलग रूपों की उपासना की जाती है। साथ ही व्रत भी किए जाते हैं। एक वर्ष में बार नवरात्रि आती हैं। इनमें से दो गुप्त नवरात्रि होती हैं तो 2 सार्वजनिक। चैत्र नवरात्र 13 अप्रैल से शुरू होने जा रहे हैं। इनका समापन 21 अप्रैल को होगा।

- 13 अप्रैल, मंगलवार: नवरात्रि का पहला दिन मां शैलपुत्री को समर्पित है। इस दिन कलश स्थापना यानी घटस्थापना की जाती है। मां शैलपुत्री की पूजा करने से व्यक्ति पर मां का आशीर्वाद बना रहता है।
- 14 अप्रैल, बुधवार: नवरात्रि का दूसरा दिन मां ब्रह्मचारिणी को समर्पित है। इनकी पूजा करने से व्यक्ति में तप, त्याग, सदाचार और संयम की भावना जागृत होती है।
- 15 अप्रैल, गुरुवार: नवरात्रि का तीसरा दिन मां चंद्रघंटा को समर्पित है। इनकी पूजा करने से वाणी मधुर होती है।
- 16 अप्रैल, शुक्रवार: नवरात्रि का चौथा दिन मां कुष्मांडा को समर्पित है। इनकी पूजा करने से रोग-शोक दूर होते हैं और आयु और यश में वृद्धि होती है।
- 17 अप्रैल, शनिवार: नवरात्रि का पांचवां दिन मां स्कंदमाता को समर्पित है। इनकी पूजा करने से मोक्ष के द्वार खुल जाते हैं।
- 18 अप्रैल, रविवार: नवरात्रि का छठा दिन मां कात्यायनी को समर्पित होता है। इनकी पूजा करने से दुश्मन निर्बल हो जाते हैं।
- 19 अप्रैल, सोमवार: नवरात्रि का सातवां दिन मां कालरात्रि को समर्पित होता है। इनकी पूजा करने से व्यक्ति को उसके सभी पापों से मुक्ति मिल जाती है।
- 20 अप्रैल, मंगलवार: नवरात्रि का आठवां दिन मां महागौरी को समर्पित होता है। इनकी पूजा करने से समस्त पापों का नाश होता है और सुखों में वृद्धि होती है।
- 21 अप्रैल, बुधवार: नवरात्रि का नौवां दिन मां सिद्धिदात्री को समर्पित है। इनकी पूजा करने से व्यक्ति को समस्त नव-निधियों की प्राप्ति होती है।

Seasonal changes and your energy

BY SHIKHA



It's a common feeling, but one hardly discussed. From winter into spring, we feel an explosion of confidence and excitement, and from autumn into winter, we feel a bit down and enjoy hardly any progress is being made. Seasonal melancholy is equated by some people to such feelings, but from a view that is spiritual or psychic, a lot more interesting things are occurring with your energy.

Because winter is often a time where our energy can feel dull or dragging, it's important to be proactive in attempting to balance it. The most significant thing you can do in order to continue fulfillment and spiritual awareness would be to set modest goals and action them. While these aims are more easy to set during the change from winter into spring, we cannot allow the temptation of laziness to prevent us from establishing these targets during the remainder of the year.

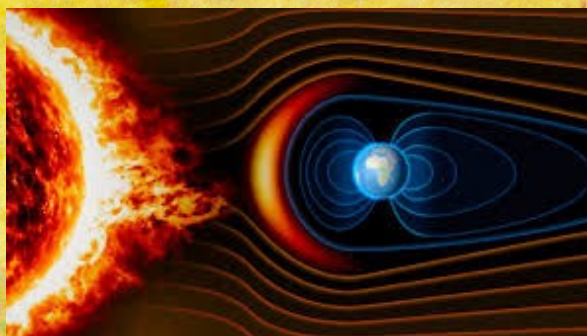
In the event you look at life only from an all-natural standpoint, as if we were just creatures living on earth, it is no wonder that our troubles would appear huge during the chilly months. From a survival standpoint, a deer with a busted leg during winter is much more likely to run into difficulties that are serious than if it had broken its leg during summer. This may automatically result in stressed, significant energy, which is only amplified by challenges we encounter. Being passed up for a promotion, overlooking a connection that is romantic, suffering from financial battles, all these things appear like HUGE issues during the winter months.

In the event you are contemplating asking for a promotion, wait until mid to late January and you're more inclined to be successful. Those around you can sense your energy, so be conscious of what type of energy you're exuding in the office. This could influence your possibility of getting the promotion.

Any romantic connection you might have, whether it is marriage or casual relationship, will appear much more passionate, and more romantic during winter and fall during summer and spring. We often adore more comfortably when it's cold exterior. While the ardent energy in the summer is at an all time high, the energy during the fall and winter can feel warmer but lower. It's important to keep this energy balanced through the entire year for genuine well-being.

Science in astrology

BY ASHISH MATHUR



In March 1951, an American radio engineer John H. Nelson discovered that there was a degradation in propagation of radio waves with respect to different positions of planets and at different angles. Now, what has radio waves have to do with humans? You see, radio waves are a form of electromagnetic waves and the human brain also emits electromagnetic waves, better known as brain waves (EEG-electroencephalogram). One thing to note here is that brain waves are a much weaker form of electromagnetic waves which are consequently much harder to measure as compared to radio waves. Also, brain waves don't have any interference / (interfere) with the radio waves which are stronger than radio waves. If certain positions of planets can cause disruption in propagation of radio waves, then it can definitely affect humans as well.

Dr. Percy Seymour (British Astrophysicist and Astronomer), PhD states that the revolving planets play a very important role in the development of foetus and in brain development of a human baby. The revolving planets orchestrate solar activity and geomagnetism. *"An English astronomer named Percy Seymour has formulated a scientific theory of astral influences that describes the solar system as an intricate web of planetary fields and resonances. The Sun, Moon, and planets telegraph their effects to us via magnetic signals, says Seymour, an astrophysicist and respected authority in the field of cosmic magnetism. Omnipresent throughout the universe, magnetism is known to affect the biological cycles of numerous creatures here on Earth, including humans. In sum, Seymour's multi-link theory proposes that the planets raise tides in the gases of the Sun, creating sunspots and their particle emissions, which then travel across interplanetary space to strike Earth's magnetosphere, ringing it like a bell. These planetary magnetic signals are then perceived by the neural network of the fetus inside the mother's womb, heralding the child's birth."*

It is observed that magnetic field of Earth changes daily and seasonally. These fluctuations in Geomagnetism have an effect on brain. Thus the Geomagnetism plays a major role in brain and body development of human foetus and has an effect on different organisms too. Magnetic shifts have a demonstrable effect on alpha waves in the human brain. Research shows that alpha waves affect personality: *"There is a link between alpha waves and personality traits, and this link implies that there is an underlying relationship:"*

Run towards happiness

BY MAHIMA MATHUR



Playing is a full time occupation of children. We should let them be occupied with it in their early years! When we talk about playing, running is the most natural form of it . This is where we need to step in! Keep children hooked on to running. Or even better, get you and your child hooked on to running'.

Here is why-

Running helps children sleep better and make them more prepared and better equipped to handle emotional and physical challenges that they may face

- Running gets the adrenaline pumping which and the happy hormones flowing, so running is a great mood lifter.

Running has no age bar. Once children fall in love with running, they can carry on this sport for the rest of their lives.

There are no rule so running is so very simple and easy.

Running is affordable, because the only equipment needed is the 'body'.

You too need to slowly start running along with your child. Start with a run in the park or maybe even up and down the stairs. Remember, the family that runs together, stays together.

Running can enhance your capacity to learn and recall new information and vocabulary. So running is a great cognitive enhancer.

Running teaches us about goal setting. They see the finishing line at the other end and get a clear vision of where they need to reach and how.

In the end- It doesn't matter how fast you run or far you go, what matters is that you get out of the door!

Emotions are contagious

BY DOLLY SHARMA

Have you ever wondered that it doesn't matter how you have been feeling when you join the WOW session, you always end leaving with a smile on your face. Well, you feel happy because you spent time with some amazingly positive people. This phenomenon is called Emotional Contagion, which leads us to synchronize or imitate the attention, emotion and behavior of people in the group. Of course, people get influenced by hearing others, but non-verbal cues such as facial expressions, eye movements, postures are some of the stimuli that may lead to this automatic or unintentional mimicry of emotions. Mimicry is only the first stage when you subconsciously recognize someone's emotions and you started to copy their body language, gestures, and expressions. Next stage is feedback, where after mimicking the other person's emotions you start owning those feelings and emotions. The third stage is contagion, where you experience what the other person was experiencing.

Social interactions are not limited to our family, friends, neighbours, colleagues but expand to distant corners of the world through social networks such as Facebook, Twitter, Instagram, etc. Research has shown that a person's happiness depends not just on their friends, but also friends of friends and friends of friends of friends. So the fact is that our emotions are affected by people we do not know existed on the planet. In fact, a twenty year research studied people's emotions and observed that positive emotions as well as negative emotions are contagious. The analysis indicates that you tend to become 25% happier yourself if you have a friend who is turning happier, 15% happier when a friend of a friend becomes happier and a 6% chance to become happier in case a friend's friend's friend becomes happier.

So the big question is "How susceptible are we to emotional contagion?". To check your vulnerability, some questions you may ask yourself are: What kind of emotions do I pass on to others? How easily other people affect my emotion and how quickly do I realize this? Are people I am spending most of my time with really my type? In fact, once you start thinking, you will realize that people are often more contagious to emotions than they are to cold. But, there is a way you can protect yourself by being logical. That way you would be able to quickly figure out that someone else is effecting your mood. Let's say you are suddenly feeling sad because you spoke to your friend. Once you start to ask yourself questions, you understand that your friend was sad because India lost the cricket match and you quickly realize that you do not like cricket and you have no reason to be sad.

There are also some explicit acts of emotional contagion where people use a developed set of skills to influence your emotions, such as, enthusiasm of a boss effects the mood of co-workers positively and make them work more effectively or even when someone intends to attract people into their lives. You are capable of producing a ripple effect and become agents of happiness, love and all other positive emotions. So, how do you plan to use this superpower?

MONTHLY HOROSCOPE



BY MONICA KAUSHAL

Aries (March 21 – April 19): Planetary position is favorable for money matters and your love life will also be good as you are desired by more than one person. Beware of your work area, there may be chances of deceit, colleagues may try to steal your projects. You may feel sad and negative at this time.

Taurus (April 20 – May 20): You may feel some financial pressure this time. If you are looking for a career path, caring and healing would suit you. You could also do well in creative field but some chronic illness and injuries might come back.

Gemini (May 21 – June 20): You need to be cautious financially and avoid excessive investments and unwise spendings. If your relationship has gone through emotional upheaval, it is not the right time to take impulsive decision. You may experience neck problem.

Cancer (June 21 – July 22): Planetary influences will be financially forward as you have good financial luck. Good time to plan a holiday on the love front. You and your partner are doing well to achieve your mutual goal. You will receive an opportunity for work related travel. You need to be watchful of your health as you may experience less vitality.

Leo (July 23 – August 22): This month planetary influences are favourable financially, Enjoy the finer things in your life. On the love front you may meet your soul mate at your workplace, this relationship will give you security and stability, but you may feel distracted at your workplace and it might be hard to focus on your work. You may experience some digestive problems.

Virgo (August 23 – September 22): Your financial situation will improve. Try to invest in long term plans. On the love front, a strong and charismatic person is also going to enter in your life. Time is favorable for you to change your current job or career. You are likely to experience good health.

MONTHLY HOROSCOPE



BY MONICA KAUSHAL

Libra (September 23 – October 22): You need to be vigilant of your finances this month. You may experience a stable and committed relationship. You will get a help from a senior person at your workplace to achieve your career goals. Listen to your body as it may give you signs of what it may need.

Scorpio (October 23 – November 21): This month will be favorable and you are likely to receive good financial support. You will experience quick progress at work. There may also be an upcoming travel opportunity for work. There is also a possibility of an engagement or even marriage. You may experience high blood pressure and high blood glucose levels.

Sagittarius (November 22 – December 21): Planets are favourable on money front this month. You may get some lucrative offers on work front. Those looking for marriage or engagement may find things going on positive note. New lucrative business opportunity or new job is on the cards. Take good care of your health as you may experience mental fatigue or depression this week.

Capricorn (December 22 – January 19): Planetary influences are favourable for making sound investments or to buy a property. You have to maintain a strong balance in your relationship to get peace and harmony at home. You may experience isolation at work place. You may experience health issues due to blocked and unexpressed emotions.

Aquarius (January 20 – February 18): Good time to invest in property. In love front, good time to renew your relationship where you and your partner can let go off the past and open your heart for each other. In career front beware of any miscommunication which may lead to disharmony between work colleagues. You may likely to experience congestion in lungs.

Pisces (February 19 – March 20): Time for financial success. You may meet someone while travelling, love at first sight is on the cards. Those waiting for job interview, may get good news. Health wise good times ahead.

Vaastu tips

by Himanshu

Tricks to Attract Money into Your Home

1. Avoid placing a shoe rack or dustbin outside the main door.
2. There shouldn't be a bathroom near the main door.
3. Ensure the main entrance is well lit.
4. Avoid painting the main door black.
5. Decorate your door with beautiful nameplates and auspicious torans.
6. Ensure your main door opens in a clockwise manner.

Knowledge of the month



"दूसरों को सुनो ; फिर भी मत सुनो . अगर तुम्हारा दिमाग उनकी समस्याओं में उलझ जाएगा, ना सिर्फ वो दुखी होंगे , बल्कि तुम भी दुखी हो जाओगे" ~ श्री श्री रवि शंकर"

"Listen to others; yet do not listen. If your mind gets stuck in their problems, not only are they miserable, but you also become miserable." ~ Sri Sri Ravi Shankar

- पेटदर्द दूर करने के लिए नींबू के रस में सेंधा नमक डालकर पिएं ।
- मुंह की बदबू से परेशान हों तो दालचीनी का टुकड़ा मुंह में रखने से मुंह की बदबू तुरंत दूर हो जाती है।
- गले में खराश होने पर सुबह-सुबह सौंफ चबाने से बंद गला खुल जाता है।
- अच्छी नींद आने के लिये सोने से पहले गर्म दूध में 1 चम्मच शहद मिलाकर पिये।
- सिरदर्द हो रहा हो, माइग्रेट का अटैक हो, बेचैनी या चिंता महसूस हो रही हो तो इस तरह के मौकों पर लैवेंडर को सूंघने से आपकी तकलीफ कुछ कम हो सकती है।
- खाँसी के लिये शहद एक प्राकृतिक दवाई है 2 चम्मच शहद को एक गर्म पानी में मिलाये और धीरे-धीरे मिश्रण को पी ले. आप मिश्रण में आधे निम्बू का रस भी मिला सकते हो. एक गर्म पानी में एक चम्मच शहद और आधे निम्बू का रस मिलाने से आपको काफी राहत मिलेगी.



Daadi maa ke nuskhe

चैत्र APRIL 2021 वैशाख						
रविवार Sunday	सोमवार Monday	मंगलवार Tuesday	बुधवार Wednesday	बुधवार Thursday	शुक्रवार Friday	शनिवार Saturday
1 गणेश चतुर्थी विशाखा Ganesh Chaturthi	2 ज्येष्ठा Panchami	3 मूल Shashthi	4 ईस्टर पूर्वाषाढा Saptami	5 उत्तराषाढा Ashtami	6 श्रवण Navami	7 एकादशी Pap Mochini Ekadashi
8 पंचक शुरू Panchak Starts Dwadashi	9 प्रदोष व्रत पूर्वभाद्रपदा Dwadashi	10 त्रयोदशी Triyodashi	11 उत्तरभाद्रपदा Chaturdashi	12 अमावस्या Panchak Ends Amawasya	13 नवरात्रि 1 Sankranti Samvat 2078	14 नवरात्रि 2 Vaisakhi Cheti Chand Dwitiya
15 नवरात्रि 3 Navratri 3 Tritiya	16 नवरात्रि 4 Navratri 4 Chaturthi	17 नवरात्रि 5 Navratri 5 Panchami	18 नवरात्रि 6 Navratri 6 Shashthi	19 नवरात्रि 7 Navratri 7 Saptami	20 कन्या पूजा Navratri 8 Ashtami	21 राम नवमी Ram Navami
22 Earth day आश्लेषा Dashami	23 एकादशी Kamada Ekadashi	24 पूर्व फाल्गुनी Dwadashi	25 प्रदोष व्रत Pradosh Vrat Dwadashi/ Triy.	26 चित्रा चतुर्दशी / पूर्णिमा Full Moon	27 हनुमान जयन्ती Hanuman Jayanti Purnima/Pratipada	28 वैशाख कृ प विशाखा Dwitiya
29 अनुराधा Triya	30 ज्येष्ठा Ganesh Chaturthi					

RECIPE OF THE MONTH

BY ARTI MATHUR



Makhana kuttu puri



चिरौंजी की दाल :

सामग्री:

1-कप चिरौंजी (दो घंटे पानी में भिगी हुई)
2tbsp घी ,1tbsp जीरा, 2से3 हरी इलायची,
4से5काली मिर्च के दाने, 1tbs अदरक ग्रेट किया
हुआ, हरी मिर्च बारीक कटी, सेंधा नमक
स्वादानुसार, 2tbsp दही, 1/2घीया(लौकी)कटी
हुई (औपशनल), गारनिश के लिए हरा धनिया,
सफेद मक्खन।

बनाने की विधि

भिगी हुई चिरौंजी का छिलका हटाने के लिए हाथों
से रगड़ लें। दरदरा पीस लें। घी गर्म करें, जीरा,
इलायची, काली मिर्च डाल कर भून लें। अदरक,
हरी मिर्च डाल कर फ्राई करें। कटी हुई घीया डाल
कर 2मिनट फ्राई करें। नमक, मिर्च डाल कर भूने।
दही डालें, अब इसमें पिसी हुई चिरौंजी डाल कर
अच्छी तरह से मिक्स करें, आधा गिलास पानी
डाल कर उबलने दें।

हल्की आंच पर चिरौंजी के पकने तक कुक करें।
सफेद मक्खन व धनिया के पत्ते से गारनिश कर
लें।।

मखाने की पूरी

सामग्री:

100 ग्राम मखाने, 4tbsp मूंगफली
,1आलू(उबला घिसी)1कप -कूटू का आटा ,घी,
सेंधा नमक स्वादानुसार, कुटी काली मिर्च,
धनिया के पत्ते, कटी हुई हरी मिर्च।

बनाने की विधि

एक बर्तन में 1 चम्मच घी गरम करें, मखाने डाल
कर हल्की आंच पर भूने। निकाल कर ठंडा कर
,पीस लें। मूंगफली भून कर पीस लें। एक बर्तन
में मखाना, मूंगफली पाउडर डालें, उबला आलू,
मिर्च -धनियां डालें, कूटू का आटा मिक्स करें,
नमक काली मिर्च मिक्स करें, थोड़ा थोड़ा पानी
डाल कर सख्त गूँध लें हाथों को चिकना कर के
आटे की लोई बना लें, हथेली से दबाते हुए पूरी
बना लें। कड़ाही में घी गरम करें सुनहरा होने
तक तल लें।

गर्म गर्म चिरौंजी की दाल और मखाने की पूरी
का आनंद लें।

मुझसे ना हो पायेगा

BY BABITA

'मुझसे ना हो पायेगा' बस इतना कह पाना दुनिया का सबसे बड़ा सच और सबसे मुश्किल काम है ... अगर कोई हिम्मत करके कह भी दे... तो हम इस सच को स्वीकार ही नहीं करते है और सोचते है कि जरूर इसके पीछे ऐसा कोई कारण होगा जिसको यह हमें बताना नहीं चाहता है अथवा हमारा काम करना ही नहीं चाहता है।

परन्तु उसके ऐसा करने के पीछे क्या वजह है हम समझना ही नहीं चाहते है। शायद उस वजह को समझना मुश्किल होता होगा।

बार बार कहने पर भी जब वह काम करने के लिए तैयार नहीं होता है तो यह मान लेते है कि वह जिद्द कर रहा है। जबकि यह उसकी जिद्द नहीं बल्कि उसकी असमर्थता है जिसे वह बता नहीं पा रहा है। उसके चेहरे पर आने वाले भाव उसकी असमर्थता को वखान करते है। परन्तु हम उस भाव को समझना ही नहीं चाहते है क्योंकि भाव को समझना बेहद मुश्किल होता है।

'तारे जमीन पर' फ़िल्म मे भी वह छोटा बच्चा सही अक्षर लिखने मे असमर्थ था और बार बार अपनी हरकतों और अपने गुस्से से अपनी बात को समझाने का प्रयास कर रहा था कि वह अपने दादा जितना होशियार नहीं है, नहीं कर सकता है वो वह सब काम जो उसका दादा करता है। मगर नहीं... कोई भी उसकी बात को समझने के लिए तैयार नहीं था। उसके माता पिता को तो 'भाव' की नहीं 'नाम' की चिंता थी। परन्तु जब उसके गुरु ने 'मुझसे ना हो पायेगा' के भाव को समझा तो वह छोटा बच्चा स्कूल का सबसे होनहार छात्र बन गया।

यह इंसानी स्वभाव की कड़वी सचाई है कि प्रत्येक व्यक्ति केवल अपने भावों के माध्यम से सारी दुनियां को देखता है और महसूस करता है साथ ही उम्मीद भी करता है कि सभी दुनिया को उसकी नज़रों से देखे।

जिन विषयों पर हमारी पकड़ मजबूत होती है हम उन्ही विषयों पर बात करना चाहते है और कमजोर पर आक्रमक बन जाते है। विचारों के आदान प्रदान के सारे रास्ते बंद कर देते है। वास्तविकता तो यह है कि हम केवल अपने ही भावों के साथ जीते है और उसी में खुश रहते है।

जब कोई यह कहे कि मुझसे ना हो पायेगा तो ऐसे में कुम्हार बन जाँ क्योंकि कुम्हार जब घड़ा बनाता है तो अंदर से हाथ लगाता है और बाहर से तेज थपथपाता है तब जा कर मिट्टी को घड़े का आकार मिलता है। यदि 'मुझसे ना हो पायेगा' के भाव को उसके काम के साथ जोड़ दिया जाये तो निश्चित ही वह उस काम को कर पायेगा।

कार्य की सफलता के लिए सबसे पहले हमें स्वयं यह स्वीकार करना चाहिए कि वह इस समय इस काम को करने मे असमर्थ है परन्तु हमेशा कि लिए नहीं। साथ ही दूसरों को भी इसे स्वीकार करने कि लिए प्रेरित करना चाहिए। तभी कार्य की सफलता संभव है।

एक बात है सुनानी



BY ARCHANA SHARMA

एक बात है सुनानी

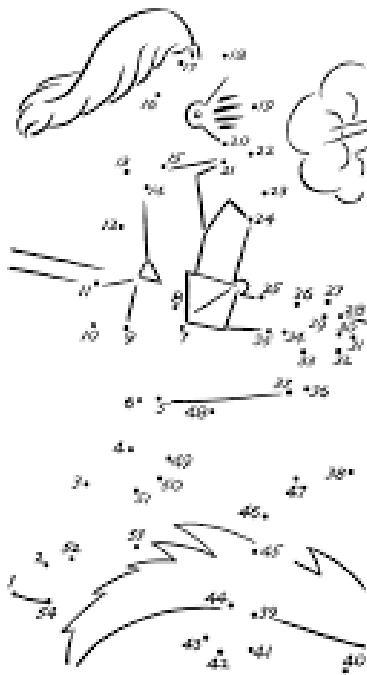
तुम सुनो ना,
मुझे एक बात है सुनानी।
याद आ रही है आज,
वो सप्तपदी की रात।
चले थे हम जब सिर्फ
सात कदम साथ।
तुम गिनो ना,
मुझे उन कदमों की
फिर से गिनती
है करानी।
पहले कदम में
ओढ़नी के साथ जब
मैं और तुम
बन्धे नये रिश्ते में
और
दोनों ने बहुत से
नये रिश्तों के
गठबंधन को जोड़ा था।
दूसरे कदम में जब
तुमने और मैंने
लड़कपन को छोड़
जिम्मेदारी को ओढ़ा था।
अल्हड़पन को छोड़
परिपक्वता से
नाता जोड़ा था।

तीसरा कदम वो था
जिसमें तुमने मैंने
साथ चलने की
कसमें थी खाई।
भूले नहीं हम
एक-एक करके
सभी कसमें
आज तक निभाई।
चौथा कदम एक साथ
हाथों में ले हाथ
जीवन की
ऊंची नीची राह में
संग चलेगें
किसी भी मोड़ पर
ना तो रुकेगें
ना ही डरेंगे
मृत्यु का तो
नहीं पता परन्तु
जब तक जीवन है
एक संग रहेंगे
पांचवे कदम ने बताया
सुख दुख में
साथ रहेंगे हरदम
कभी भी ना तोड़ेंगे
एक दूसरे का मन
लड़ेंगे झगड़ेंगे
थोड़े उलझेंगे।

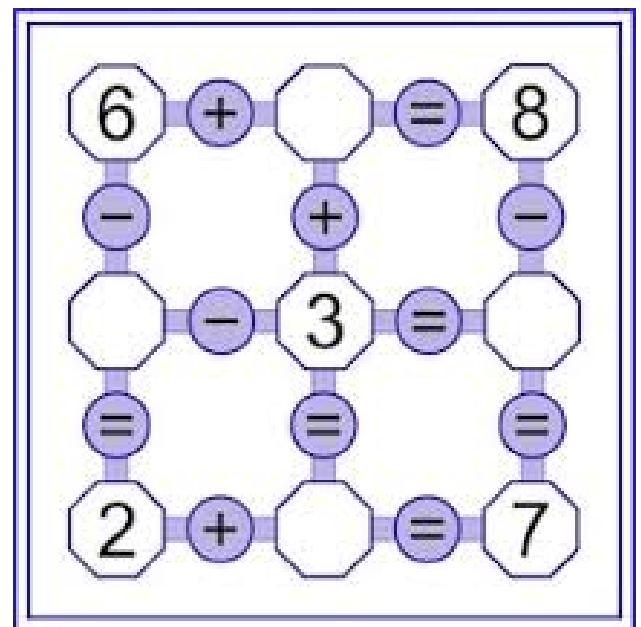
किसी के सम्भाले बिना
फिर स्वयं ही
सम्भलेंगे और
स्वयं ही सुलझेंगे।
छटा कदम था ऐसा
दिया बाती का,
मिलन हो जैसा।
तुम दिया
मैं बाती बन,
जगमगाऊंगी।
जब तक साथ,
तुम्हारा पाऊंगी।
सांतवा और
आखिरी कदम।
जिसने बनाया,
मुझे और तुम्हें हम।
यही हमारे जीवन,
की कहानी।
तुम मेरे आधे अंग,
और मैं तुम्हारी अर्धांगिनी।
तुम सुनो ना,
मुझे एक बात है सुनानी।

Kids Corner

BY DEEPALI



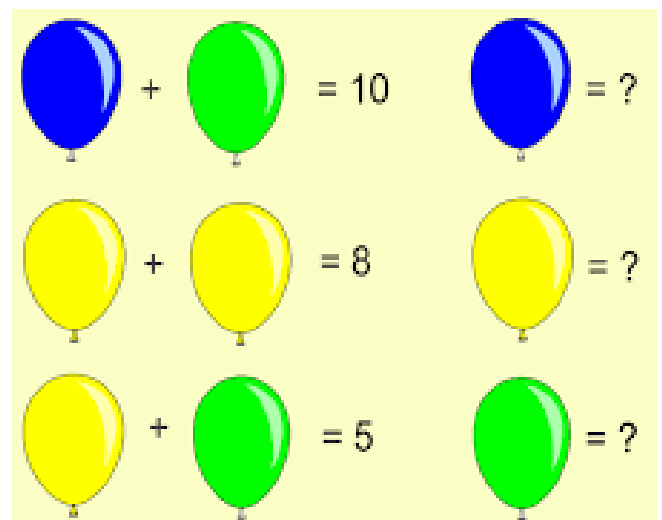
Solve



y	b	r	b	p	g
e	l	e	r	i	g
l	u	d	o	n	r
l	e	s	w	k	e
o	r	a	n	g	e
w	h	i	t	e	n

HINT: The first letter of the word begins with it's color!

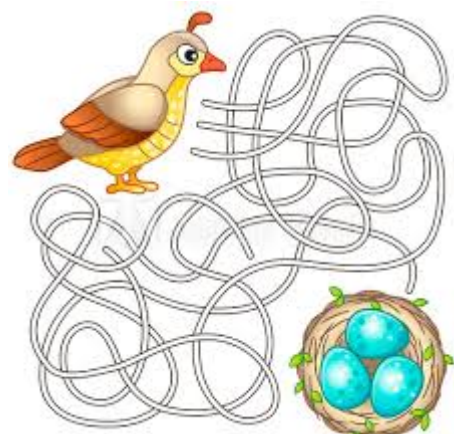
red green brown
blue pink white
yellow orange



Spot the difference



Find the way



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 Haww of Australia – a Lineage of Takata. He has done Reiki Mastership from Narmata and Narendra Bahtia. Besides, he acquired MAGNIFIED HEALING Mastership from William Haww. 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



Ms Panchalli Deb



OUR CLIENTS

*Monika Ji's predictions
using tarot are very
accurate*
- Richa

*My child got much
relief through Reiki*
- Surbhi

*Thank you World of
Wisdom's astro team, I
got my cow back through
your accurate prediction*
- Pooja

*Ajay ji's palmistry
predictions are
remarkable*
- Shweta

*World of Wisdom
offers consultancy
on
personal wellness*

*Business healing with
Reiki is very effective*
- Manoj



Our Mentor
Mr S K Kohli
Senior Astrologer



For more details contact us @
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Email: info@worldofwisdom.co.in
YouTube channel: [theauraofworldofwisdom](https://www.youtube.com/channel/UCtheauraofworldofwisdom)
Facebook: [World-of-Wisdom-102255631975969](https://www.facebook.com/World-of-Wisdom-102255631975969)



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

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