

“ I have never let my schooling
interfere with my education ”
— Mark Twain

THE SPEAKING TREE

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Perfect Relations Through Chakra Healing

Nayan Agarwal, a chakra healer and clinical hypnotherapist with De Mantraa, believes that no healing is complete until it focuses on the body, mind and chakra energy of a person.

According to Nayan, our lives are governed by our chakras. Apart from the seven major chakras, there are innumerable minor chakras. Chakras do not function by themselves, but they work as wheels or gears in a larger machine — which is the human body and mind. Each person has his own energy system with its own particular flavour and quantity of flow. For example, a half-inch copper pipe cannot handle as much water as a six-inch main line, and neither should it be expected to. One person may systematically suppress his emotions, while another may continually exhaust himself, doing more than his energy can handle.

Chakras have a significant role to play in relationships. For any relationship to work, people's chakras have to be complementary. There are infinite combinations that exist between people in a relationship. As these patterns emerge, certain blockages may become apparent. The blockages could result from closing of a chakra or inability to handle the energy at that level; or could be because a chakra is too open, meaning that all activity is done at that lev-

el, depriving other chakras of energy.

These chakra patterns can be seen in our relationships too. Whether we are meeting someone on the street or having a long-term, intimate relationship, each chakra reacts to the patterns of another person's energy. In order to better understand our relationships and interactions with others, it is helpful to understand what is happening at the chakra level. There are two basic principles governing interpersonal rela-



DR. NAYAN AGARWAL

tionships. What makes us click with our partners can also cause rifts and problems if those same chakras become imbalanced. It is a dynamic world and our thoughts can affect the balance within the relationship. Let me explain this by sharing an example with you:

Shikha and Sameer (names changed) had been married for two years. Struggling to save their marriage, they came to De Mantraa for relationship counselling. Both felt that the other was controlling. Their differences and closed attitudes were quite evident.

Their chakra analysis revealed that Shikha was largely oriented toward her upper chakras, somewhat open at the heart chakra, though she was not aware of her intuitive faculties due to lack of grounding. Sameer, on the other hand, was well grounded, open sexually and emotionally, highly intuitive, but somewhat closed at other levels, with low confidence and self-esteem.

The two were a perfect match, as Sameer could use his abilities to gather information and communication to express his intuitive side, awakening that quality in Shikha. Shikha could be brought into physical realms by Sameer's emphasis on earth energies and through sexual contact.

Shikha could uplift Sameer from his heavy focus on the physical realm by her emphasis on the upper chakras. As a result he could balance the heart chakra, open himself to deeper love.

We explained to them about how they could use their abilities to empower each other and make a perfectly compatible couple. Both underwent chakra-balancing and body and mind therapies for about three months. Realising the positives of their relationship and working on their patterns, they are today leading a fantastic life.

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Complete Healing Deals With Body, Mind & Chakras

Nayan Agarwal, a chakra healer and clinical hypnotherapist practicing at De Mantraa for the past five years, believes that healing is complete only when you focus on the body, mind and the chakra energy of a person.

Sharing with us a few of her stories about facilitation of healings at De Mantraa, Nayan Agarwal says: Relationships are complex, as we only perceive what our mind agrees to. I will start with the case history of a client Radhika, who came to me with anxiety regarding her relationship with her boyfriend who, she believed, was going to leave her and get married to someone else. In spite of knowing that, she was unable to get over him. Soon, Radhika began putting on weight and all her efforts to lose weight were going waste.

On performing her chakra diagnosis, I found that she had a deep need for acknowledgement. On further probing, I came to know that she always felt that she had to compete with her brother for her father's attention as a child. She had always felt that if she wasn't good enough or didn't come up to the high standards set by her father, she would lose his approval. She felt that she couldn't survive without that approval. I started working with her, using chakra healing and affirmations. As the core issues were uncovered, I began working with the inner child in her.

As she gained a better understanding of the dynamics of the

relationship, she realised where her insecurities and needs came from. Though the realisation came very soon, her insecurities took a while to ebb. Today, she is well on her way to becoming free of the neediness and unnecessary dramas that she was prone to create around her.

The first part of the journey of healing begins with the acceptance of one's own role in creating the problem. With the acceptance comes the understand-



DR. MEGHANA

ing that it is possible to heal the situation within oneself.

Another client called Nimisha, came to us to seek help for her health. On deeper probing she shared that she was separated from her husband.

Dr Meghana started her on regular Panchkarma treatment, with a diet which suited her temperament and condition. I began working with her through chakra healing. In the very first session, she realised where lay her mental blocks and by her third visit, became aware of her relationship issues. This very realisation was enough for her to work through the chinks in her armour and she was well on the way to having a

stable and friendly relationship with her husband and a better life.

Another interesting case is of a young woman called Shreya. She is an only child and had always led an extremely protected existence. Her parents had always indulged her and their love had seen to it that all her needs were taken care of. Then suddenly, her father passed away. She couldn't handle the grief and kept oscillating between extreme anger and depression. She was now required to take responsibility for her life, which seemed extremely unfair to her.

With chakra healing and hypnotherapy, she was able to release her anger gradually. She let go of her sadness over the loss. She started understanding that she needed to stand on her own two feet and also take care of her mother, who was going through some serious health problems.

We do not realise that in every relationship, each person comes with a set of ideas and beliefs of what that relationship should be like. These beliefs don't usually match or are at cross-purposes between the partners. With the help of chakra healing you can identify the beliefs that are causing the conflict in the relationship. Even if one partner is willing to work on the relationship, further pain can be avoided. (Names of clients have been changed for sake of confidentiality.)

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