



DR. MEGHANA

Detox, The Key To Spiritual Unfolding

Your body is precious. It is your vehicle for awakening. Treat it with care. The sufferings which overtake beings are the fruit of their desires.

— *Gautama Buddha*

The physical body requires to be detoxifying to allow all spiritual energies to flow in an optimum manner. Wellness and spiritual coach Dr Meghana says detoxifying the body is one step towards physical wellness; it opens the way for cleansing at all levels — body, mind and soul.

She says that by detoxifying the body, you can raise your energy vibration. When your body feels safe and grounded in wellness and harmony, it opens up the space for unconscious emotional and mental detoxification. By purging the body of remnants of energy blocks, raising your vital force and opening your third-eye, you align with your authentic self.

The Detox Diet

Detox diets vary, but typically, they start with fresh fruit and vegetable juice, raw organic fruits and vegetables, and water. In addition, they use specific herbs and supplements along with colon cleansing (enemas) and purgation therapy to empty the digestive system.

To a body used to living on processed and fast food, with their many additives and preser-

vatives, it can be a big challenge to detoxify at every level.

The biggest function of the body being to 'digest', assimilate and process food, slowing down the digestive system is like giving the body a well-deserved rest. Detoxification gives your body 'down time' and frees it to 'release' from other organs like the colon, liver, kidneys, lungs and skin, thus paving the way for emotional healing.

A surprising fact is that most of us are unconsciously carrying a lot of emotional baggage that is deeply entrenched in our mind, waiting for an ideal trigger that will cause an eruption of emotions, leaving behind undesirable results. Even though we might feel in control of our emotional wellbeing, triggers can throw us off balance when we aren't armed with coping mechanisms.

Learning to recognise these precursors is a vital step, and being prepared to critically analyse any association you have with triggers is the first step to reclaim your power and liberate yourself from the baggage through an emotional detox.

Dr Meghana, in her practice at De Mantraa, recommends ways to detoxify the body, mind and soul. Body detoxification is taken care of through Ayurveda panchkarma, diet and lifestyle; the mind and soul are taken care of via various modalities of energy and mind healing. Detoxification raises your energy level. As you purge years of physical and emotional abuse, you start living in align-

ment with your authentic self. Your organs and colon release the buildup of mucus, inflammation and toxins, coming in tune with the Universal Energy. You become a better receiver. Your intuition is heightened.

You make better choices for your wellbeing and enter a blissful space of peace, lightness and love.

Contact De Mantraa at 9619402555; info@demantraa.com

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« **ADMISSION ALERTS**

BIODIVERSITY IMPACT ASSESSMENT & MANAGEMENT COURSE

Continuing its tradition of conducting innovative and application-oriented nature education programmes, BNHS India has launched a new Certificate Course in association with Mumbai-based Ekonekt Knowledge Foundation. The Biodiversity Impact Assessment & Management course, an eight-month programme, has been introduced in virtual classroom format and also includes field visits. Admissions are now open for the course, which is suitable for practicing Environment Impact Assessment (EIA) professionals, and others who wish to study the impact of human activities on biodiversity.

Course details

The course will include six weeks of e-learning over the internet, followed by two weeks of field work at BNHS project sites spread across Maharashtra, Gujarat and Tamil Nadu. The course content has been designed based on National Accreditation Board for Education and Training (NABET). Real life case-studies have been included from BNHS Impact Assessment Reports. Expert mentors will guide the participants and course faculty includes Dr Deepak Apte, Chief Operating Officer, BNHS and Dr Prasad Modak, Director, Ekonekt Knowledge Foundation. The course will be delivered through an e-learning platform and will have an interactive and multimedia enriched content and discussion forums. The eight modules for eight weeks are as follows: 1. How to give up participants and course faculty includes Dr Deepak Apte, Chief Operating Officer, BNHS and Dr Prasad Modak, Director, Ekonekt Knowledge Foundation. The course will be delivered through an e-learning platform and will have an interactive and multimedia enriched content and discussion forums. The eight modules for eight weeks are as follows:

1. The problem of biodiversity loss
2. Drivers of biodiversity loss - Case studies from India
3. Biodiversity impact and business risk
4. Response to biodiversity impact - biodiversity related governance in India
5. Analytics of impact assessment - How EIA is carried out
6. Biodiversity inclusive impact assessment
7. and 8. Biodiversity assessment techniques - Fieldwork

Eligibility and Fees

The course is open to graduates in science or engineering, in the subjects of environment, management, planning, economics or a related field. Those who wish to specialise in biodiversity inclusive impact assessment will find the course particularly useful. Course fees are Rs 5,000. Charges for field travel, stay and food will be extra. Interested candidates can enroll by registering on the following link, which also has a free preview of the course: www.ekonekt.com/ekonekt.net or by sending an e-mail to Divya.Narsain@ekonekt.net

Who is a Reiki healer and what is the practice all about?

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by the 'lying on hands' and is based on the idea that an unseen life force energy flows through us and is what causes us to be alive. It uses a technique commonly called palm healing or hands-on-healing as a form of alternative medicine and is sometimes classified as oriental medicine by some professional medical bodies. Through the use of this technique, practitioners believe that they are transferring universal energy (reiki) in the form of qi (Japanese: ki) through the palms, which they believe allows for self-healing and a state of equilibrium. Reiki is based on a ki - a supposed life force that is purely hypothetical.

There are two main branches of Reiki, commonly referred to as Traditional Japanese Reiki and Western Reiki. Though differences can be wide and varied between branches and traditions, the primary difference is that the westernised forms use systematised hand-placements rather than relying on an intuitive sense of hand-positions which is commonly used by Japanese Reiki branches. Both branches commonly have a three-tiered hierarchy of degrees, usually referred to as the First, Second, and Master/Teacher level, all of which are associated with different skills and techniques. So a person who has mastered all the levels of Reiki and has practiced it enough to get the due experience is a Reiki healer.

Describe your journey as a Reiki healer and how it has benefitted you?

Reiki was the first energy healing practice that I mastered after finishing my medical studies. Reiki is very powerful if properly applied and it is one of the basic steps to enter into the world of Energy Healing. Initially I combined reiki with Ayurveda and the due experience is a Reiki healer.

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How prospective a career is it in a country like India?

Reiki Mastership is emerging as the best healing profession all around the world enabling you to grow financially and spiritually as well. Growing dissatisfaction and side effects of modern medicine are pushing people towards alternative methods of Natural Healing in which Reiki is the simplest yet powerful result-oriented healing technique appreciated and adopted by all existing medical systems as complementary aid. Undoubtedly, the demand for Reiki Masters is growing as several renowned hospitals, nursing homes, health resorts and holistic hospitals have separate, exclusive healing sections for Reiki and other spiritual and holistic healing sciences.

How does one become a Reiki healer?

Reiki is traditionally taught in three



« **OFFBEAT CAREER**

REIKI HEALING

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levels. Levels I and II are typically taught in one-day classes (eight hours) or over a weekend period (16 hours). Level III is generally a more intensive course of study and will take a longer commitment. Class

establish themselves as independent reiki teachers, Reiki Level IV opens all doors for complete transformations.

Through the various levels, students learn how to transfer their

Advantages and disadvantages of this career option.

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levels. Levels I and II are typically taught in one-day classes (eight hours) or over a weekend period (16 hours). Level III is generally a more intensive course of study and will take a longer commitment. Class time involves an initiation ritual called 'attunement' and learning the hand placements for self-treatments as well as treating others. There are various courses available in India to master Reiki. The duration of the courses may vary from institute to institute depending on their coaching patterns but the basic timeframe remains the same.

While Reiki Level I is a basic or beginner's level course, providing basic information about its origins, principles, dos and don'ts and detailed knowledge of the Chakra-system, the second level offers a deeper understanding with energies getting stronger as well. Here, advanced healers get initiated for the symbols of this energy that develop the mental and emotional levels also, thereby empowering students in stronger tools to work. Master symbols are introduced only in level III where a student's healing capacity increases.

This healing work of the student is also supported by some very powerful tools like crystals. For those who want to go deeper in this work and

Advantages and disadvantages of this career option.

Reiki has advantages like making oneself stronger and being able to serve the society along with a career option. Reiki is a powerful tool of healing and can be used to administer healing to both the animate and the inanimate. It can be effectively used to cure relationship issues and a wide range of physical issues as well. There are no such disadvantages of Reiki healing. However, one needs to train properly and achieve a proper level of experience and skill before administering it professionally to avoid causing harm due to improper technique or flaw in execution.



«Dr Meghana Dikshit

How can students establish themselves in this field? Students may first join and work as assistants under professional Reiki masters. After their proper training, experience and overall development of strength and energy-holding capacity they can set up individual and independent setups and render services. There are wide spread employment opportunities available in the varied centres of Reiki practice as well as coaching centres that train more people to administer Reiki Healing. Reiki can also be used to cure and heal varied types of problems and can be used in combination with Vastu and Business problems.

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What is the approximate income of a Reiki healer?

A Reiki healer can earn approximately Rs 500 to Rs 1,500 per session of around 45 minutes to an hour. Group healing sessions and distance healing practices earn varied revenues. As a part-time and full-time occupation, a reiki master can also conduct classes and coaching after attaining higher degrees of attunement.

Your message to students looking to pursue a career in Reiki healing.

Reiki is an upcoming field in assistive medicine. Students pursuing a career should know that it requires a lot of discipline and dedication to master the technique and develop oneself as a stronger individual. Like any occupation, it has its own levels of growth according to the mastery and degree of expertise. It involves being responsible and aware of one's abilities and not taking on something beyond one's capacities. The footholds of this field lie on the inherent noble and kind nature of any individual and give a lot of satisfaction and fulfillment through the service of mankind.