

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



THE SPEAKING TREE

A TIMES OF INDIA PUBLICATION | www.demantraa.com | SPIRITUAL PROMOTIONAL FEATURE | MUMBAI, SUNDAY, SEPTEMBER 14, 2016, PAGES: 8 PRICE: ₹2,00

Allow Miracles In Your Life

We do not realise this, but most of our physical problems are a direct result of our thought processes and beliefs. Many people suffer from physical ailments with no defined cause. In such cases, a treatment that combines body and mind therapies works wonders.

As a renowned wellness and spiritual coach, Dr Meghana Dikshit has treated many childless couples through healing techniques that focus on the body and mind. These patients typically suffer from ailments such as blocked tubes, fibroids, cysts in ovaries, menstrual disorders and lack of healthy sperms. Dr Dikshit's treatment involves holistic healing at the physical, mental, emotional, and auric levels of her patients.

On the occasion of Krishna Janmashtami, she shares with us her recent experience that asserts and explains how our beliefs can create physical issues in us. Dr Dikshit has this to say: "I recall the case of Shabnam and Shabbir (names changed) who were dejected and distressed. Even after 12 years of marriage, they didn't have any children. When they came to me, they were very frustrated and had given up all hope."

"I went through all the reports and saw that there were no serious

medical problems in either of them, yet Shabnam was unable to conceive despite numerous treatments and remedies.

"I started with their *nadi pariksha* or pulse diagnosis that showed numerous blockages in their *chakras*, which were the cause of infertility. Chakras are the seven energy centres situated in and around our body. They are directly related to our seven endocrine glands, which govern our hormones, emotions, and our thought processes.

"Panchkarma and Guasa treatments, and Ayurvedic medicines took care of the imbalanced hormones and chakra toxicity that had occurred due to earlier treatments. Simultaneously, I worked on their beliefs with Aura Healing and Hypnotherapy.

"Shabbir had seen his parents struggle to make ends meet and he himself had started earning very early in life. He worked and studied at the same time. He always believed that it was a tough task to raise children, and he needed to be financially stable before having kids. In addition, he was a naughty child and had to hear things like 'you would know the difficulty and pain one has to go through while raising a child when you have kids of your own'.

"Shabnam faced similar prob-

lems in her childhood. Her father passed away when she was a child and her family was supported by her aunt and uncle. Shabnam had seen her mother being financially dependent and ill-treated by her uncle. Her mother was deprived of power to take her own decisions, even those concerning her daughter, Shabnam. In the bargain, Shabnam, in her subconscious mind, manifested the fear of raising her own child.

"Furthermore, both of them believed that because of their disturbed childhood, they might not turn out to be good parents. With regular healing, it became possible for them to get through these blocks. After three months of treatment, Shabnam conceived and today, she and her husband Shabbir are proud parents of two healthy children.

"This experience reinforced my belief that our thoughts 'procreate' each moment of our life and it is possible to transform our lives by bringing about simple changes in the way we think."

For more details, contact Dr Meghana Dikshit at 09619402555. You can also visit De Mantraa, Row House No 55, Meher Bungalow, RSC-4, Mhada, SVP Nagar, near Lokhandwala back road, Andheri (west), Mumbai, Maharashtra 400053. email: info@demantraa.com, website: www.demantraa.com



MEGHANA DIKSHIT