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## We Are What We Think And Believe

As an ayurvedic panchakarma practitioner and a wellness spiritual coach for the past 16 years, Dr Meghana Dikshit has successfully treated many women suffering from gynaec problems such as fibroids, cysts, PCOD, and infertility. All her treatments are based on holistic healing at the physical, mental, emotional, and aural levels, with the help of ayurvedic panchakarma and various chakra healing modalities.

Dr Dikshit says that in her practice of many years, she has come to understand that it's our thoughts and beliefs that rule our lives. The simple philosophy of life is: When someone says that life is simple, whatever be the circumstances, this person always breezes through every hurdle as if it's nothing, as opposed to someone who says that life is difficult and the smallest hurdle seems like a huge hill to cross.

So, how are beliefs formed? If a child has to yell to be heard in a house full of people busy in their own lives, at some point, this child may form a belief that 'nobody listens to me'. This child may then become loud in speech and behaviour, because he has always needed to shout to be heard. Such a belief can be detrimental to the person if it remains deeply embedded in his psyche and can also cause diseases

at the body level. Dr Dikshit shares the case study of one of her patients, Saakshi (name changed):

"Saakshi came to me in 2012 with cysts in her remaining ovary. Over the years, she had suffered painful menstruation, with cysts in one of her ovaries, and heavy fibroids inside her uterus, because



DR MEGHANA DIKSHIT

of which she couldn't even walk straight. Having gone through consecutive surgeries to remove the affected ovary, uterus and cervix, she now looked towards ayurveda to help save her one remaining ovary.

For her, I prescribed a regimen of panchakarma, ayurvedic medicines, diet, and lifestyle changes. Then, I worked on her beliefs with chakra healing and Past Life Regression. During this process, she encountered many redundant beliefs from her past lives, which had been reinforced in her current life as a child.

Her parents' inter-religious marriage had not been well accepted by either families, and be-

ing the eldest daughter of the family, she had to bear the brunt of it. Seeing her mother suffer making adjustments in her family, she had begun to believe that it's not good to be a woman. She also wondered why her parents had her when they faced so many problems? So, in her subconscious mind, even as a child, she decided not to have a child of her own. We did a series of body and mind sessions to release her cellular memories and change her beliefs.

After the sessions, her recovery was faster. Within 15 days of starting the treatment, her ovary was free of cysts. It was nothing short of a miracle. Saakshi was free of her many years of suffering. She became more confident.

Normally, such problems with the reproductive system are a result of resentment felt from being restricted, because of being a woman. In other words, a childhood trauma when the girl might have felt inferior to boys, because of comparison or restrictions on her movements, may have led her to resent being a girl, negating in her mind the very bodily processes that made her a female, thus, leading to reproductive health problems.

Contact De Mantraa at:  
09619402555  
email: [Info@demantraa.com](mailto:Info@demantraa.com)  
visit: [www.demantraa.com](http://www.demantraa.com)