

Crystal therapy

'Black tourmaline absorbs negativity'



NISHANT SHARMA

Sometimes crystal therapy triggers a situation of "healing crisis", that means all the negativity is pulled out suddenly from the energy body of the person and this might result in discomfort, fever, mood swings etc. This is how the body detoxifies itself. Stay hydrated to make the process easier or remove the crystal if you feel uncomfortable.

Q Dear Nishant, I recently bought a Navratna crystal bracelet. On which wrist should I wear it, so that the results are positive, and how many days it would take to see the results?

Afsana

Dear Afsana, The Navratna crystal is supposed to balance the energies of the nine planets and energetically the results can be seen almost immediately with the help of aura imaging system. It takes around 40 days for a person to see the results. Wear it in the left hand to attract energies.

Q Dear Nishant, I learnt pranik and siddha healing hence know about energy changes around me but I also get easily affected by evil eye, how do I protect myself from these lower energies?

Anita

Dear Anita, If you feel you get affected by negative energies around you then you can use a rutile tourmaline quartz crystal bracelet or a necklace. It has quartz and black tourmaline crystal, the quartz will amplify the healing energies and the black tourmaline will absorb all negative energies that surround you or your environment so that they do not affect you.

The writer is a crystal therapist, spiritual medium and Psychic Intuitive Trainer. Send in queries with your recent picture and name at crystal.deccan@gmail.com

Who do you think you are?



MALLIKA BHATIA

All we keep searching throughout our lives are people to love and appreciate us. In this search, we sometimes believe in things that aren't true. These could be about others or about ourselves. It is these beliefs that stop us from growing and feeling loved. Here is a list of five things that we should NEVER believe about ourselves.

I AM A VICTIM

If we look around, we would be able to recognise many people amongst us who always behave like a victim. In fact, maybe we too behave like victims without realising it. Victims always believe they are the ones who are suffering. They are the "poor guys" who believe they always pay the price for others' actions.

The victims always question: "why me?" Believing in being a victim means never knowing where we are wrong and never growing. It means never taking control of our lives.

I CAN NEVER BE WRONG

This belief could be stemming from the first one (being the victim) or from a completely different angle of superiority. Whatever the cause of this belief be, we think we have never been wrong and will never be wrong. We think it is always the fault of the other person and blaming others is our first reaction. Can anyone ever be always right? Deep down if we hold the belief

of never being wrong, we stop learning and ironically that in itself is wrong.

I CAN'T EVER CHANGE

At times, we realise that we need to change, but there is a deep resistance to change. We all know that change is difficult and requires constant effort. This lack of required persistence makes us believe that we can never change, even though we want to. Please remember, change is the only constant and all of us are capable of change. It is never too late or too early to change.

I AM NOT GOOD ENOUGH

The worst belief to hold about ourselves is that we are not adequate, not good enough for things or other people in our lives. Also, that we don't deserve the best. When we undermine ourselves, the world does too. We need to remember that we are never lesser than anyone else. We must give ourselves credit for all that we are and the benefit of doubt for the things that we can change.

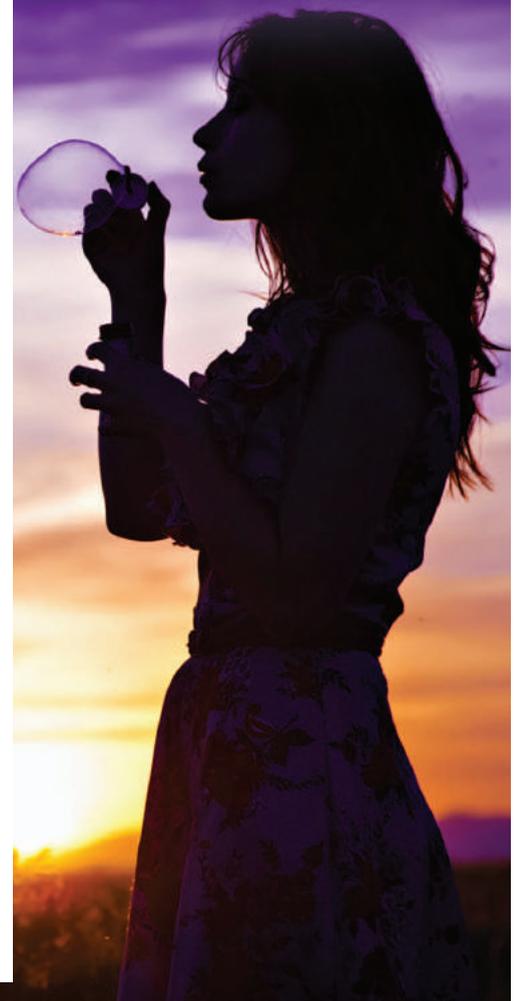
I WILL LOSE MY FRIENDS IF I TRULY BE MYSELF

Our self-doubt at times rules so much of our thoughts and behaviour that all we do is try to please others. We start believing that if we truly be who we are, we would lose our friends. Two simple questions to ask ourselves are: what worth are the people around us if they don't accept us for who we are? And, can we truly be as 'bad' as we believe we are?

Just drop these beliefs and see how your life changes for the better.

The writer is a life coach and psychotherapist

Sometimes we are our harshest critics and our faulty self-image stops us from growing and feeling loved. 5 things we should never believe about ourselves:



If we believe we can never be wrong, we stop learning and ironically that in itself is wrong

ASTRO GUIDANCE

Don't allow fear to take charge of your life

Q Dear Mansi, I have lost my confidence. I am working in the marketing field. On one hand I know I have the ability to handle things well, but on the other hand, I feel I have lost that capability.

Vasu H. DOB: 03.09.1984



MANSI CHAUHAN

Dear Vasu, We all have different road blocks in our lives, simply because we all have different benchmarks, values and belief systems, which can be a great learning experience for one person and great failure for another. So take charge and stand as a master when fear climbs on your shoulder; don't allow it to stop you from doing

things which can take you forward to achieve your goals. (1) Donate white sweets in temple on Fridays. (2) Do moon meditation. (3) Donate useful items made of glass to poor ladies. (4) Wear silver in any form. (5) Use silver glass for drinking water. (6) Don't wear black, blue and grey. (7) Keep sandalwood aroma around yourself.

Q Dear Mansi, I have noticed that people who pray have a lot of luck in life,

whereas I believe in my hard work more than God. I pray to Him but in my heart. I was the topper in school, but my hard work doesn't seem to be yielding results this year. Will I be successful in achieving my dream?

Yamini, DOB: 03.02.1997

Dear Yamini, As strange as it sounds, negativity and luck and hard work go hand in hand and prayers strengthen them both. If you don't do as well as you had expected to in an exam, then motivate yourself to work even harder. (1) Wear light colours. (2) Donate rice in temple on Fridays. (3) Do surya namaskar. (4) Respect elders. (5) Refrain from making too many friends.

The writer is a medical astrologer. Mail your problems to Mansi at astro.deccan@gmail.com with your date, time and place of birth

dream check

Roses in your dream signify faithfulness in love and the coming of joy in some area of your life. Roses also symbolise love, passion, desire, femininity, unity, and romance, particularly if they are red roses. If you see a white rose, then it symbolises virginity, pureness, and secrecy. If you see a yellow rose, then it refers to infidelity, jealousy, or friendship.