

SOUL-FULL THERAPIES

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It's not just the football field where the 'Hand of God' rules. Today, a lot of people are finding solace in the alternative healing therapies that are giving them answers, cures and also helping them loosen the knots in their lives. Many of the practicing alternative healing therapists or healers have experienced the miraculous changes and are now helping other experience the same.

Nearly seven years ago, psychologist, Mallika Bhatia, chose music as her magic wand and her practice is based on the principle 'Aham Bramhasmi' — which means 'I am the creator of my present situation'. Speaking about the professional switchover she says, "As a medical practitioner, I felt my clients were looking for answers that were beyond logic. They wanted answers for their unhappy situations. Music gave me answers." She adds, "The one and a half hour 'Soothe the soul' session helps people vent their stuck up emotions. Problems originate in the mind, spread in the body in the form of ailments or our surrounding hampering success and growth. So, I heal the mind to heal problems."

The therapy does not end with the session she holds in her GK-I centre. In fact, it is just a part of the healing. Mallika's next step is to help her clients re-connected with themselves and so she gives them 'a lot of homework' such as gardening, writing a letter everyday and jogging etc. The therapy has helped some of her

clients get rid of ailments such as ovarian cysts as well.

A qualified MBA, Kamleen Sury, uses Theta therapy started healing people facing relationships problems after experiencing benefits in her personal relations four years ago. Kamleen taps information stored deep within a person by slowing the brainwaves. Filling us in more on this she says, "Healing relationships — be it with family members, friends, colleagues or spouse — is my forte and the number of sessions depends on the intensity of the problem. Healing depends on the willingness of the person to accept the situation."

Speaking about the popularity of the therapy she says with a smile, "I don't advertise, but the number of clients I get every day at my Nizamuddin clinic is simply growing."

Life changed completely for Smriti Manchanda after she learnt Angel therapy from the stalwart Dr Doreen Virtue five years back. She earned the title of 'an angle intuitor'. Telling us what inspired her to become the sutra between humans and angles she says thoughtfully, "I was doing well in the UK, but was restless within. That's when I learnt the therapy from the veteran and came back to India. It is communication with our two guardian angles. They protect us and help us take major and minor decisions."

Explaining the difference between astrology and similar sciences and angel therapy she says, "Astrology or tarot cards are just predictions. But angels give you signs."

Choose your therapy!