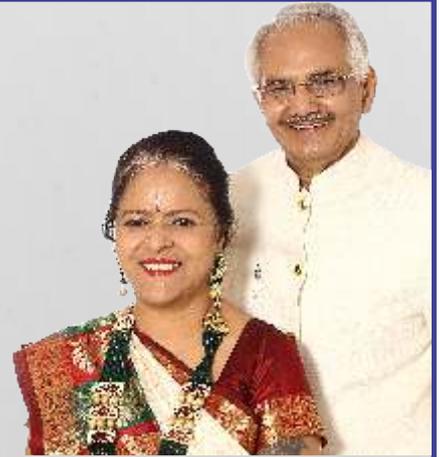




Dr. Mikao



Dr. N. K. Sharma & Dr. Savita Sharma

WONDERS OF REIKI

THE ART OF HEALING, LOVING & LIVING



➤ How to Heal Yourself by Talking to Your Body

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Raw Foods



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A Monthly Bulletin To Alleviate Suffering At All Levels

VOL. 232

How To Heal Yourself By Talking To Your Body



"Every part of your body has its own consciousness or its own soul". These transformative words, spoken by indigenous medicine women, led to a journey within to discover the extraordinary healing capacity of the human body.

Our bodies, composed of more than 30 trillion individual cells, handle all of their complex functions on their own without our conscious intervention. Our bodies are geniuses, but usually our thoughts and beliefs hinder their ability to achieve and maintain perfect health.

No, we can't regrow a lost limb or heal a broken spine overnight. There are some steadfast rules by which we human creatures are bound in this particular physical reality. But many rules which only seem steadfast are not even rules at all. By believing we are bound by these seeming rules, they become limitations. We create these limitations, then live bound by them.

We think we need all kinds of medications. Unfortunately, these medications are generally designed to treat symptoms instead of causes. Often our bodies have to expend extra energy combatting those unnatural substances when the energy could be spent directly on whatever we're intending to fix by taking them.

Most of us don't believe our thoughts have much or any bearing on our physical health, that we are at the mercy of diseases that happen to us randomly, that we are at the mercy of ailments to which we are genetically predisposed. The common denominator in all successful physical healing systems, from Western medicine to witch doctors to shamans in the jungle, is the belief in the system's ability to heal. And so it does.

In actual fact, it is a paradigm which today has emerged in science and in our collective understanding: that there is no such distinction between the mind and the body; rather, that

we are a network of energy and information crisscrossing in all directions between the mind and the body. Peptides and other biochemicals carry the messages of our thoughts and our emotions everywhere, perception affects behavior and behavior changes the very physicality of our brain and body, memories from our life experiences are stored in the



organs and in our cells and instead of a defined, isolated individual, we are more like a cooperative of many voices including a majority of foreign DNA from a microbiome which gives us fundamental aspects of our identity such as our very personality traits, as a pioneering study from the University of California, Los Angeles (UCLA) recently showed.

Everything in us is changing and evolving, not isolated, but in deep resonance with our environment, such as the quality of the electro-magnetic field emitted by our hearts which can cause specific changes in the brains of the people around us.

We now know that it is a fact from research we can enter deep meditation states through practice and then these states can cause definitive changes in all our major regulatory mechanisms such as telomere length (a key biomarker for cell lifespan), inflammation cascades and

cell repair. These and other behaviors can change the very expression of our genome through the epigenetic landscape that we now recognize as a highly fluid influential environment in which our body lives.

MIND OVER BODY

We influence our bodies with our thoughts. This is an indisputable fact. Our brains communicate with every cell in our bodies with hormones. Different thoughts release different hormones. Imagine a juicy steak, or a vat of vanilla ice cream, whichever you prefer. Imagine the smell, the look, the taste. Now imagine taking a nice bite or spoonful. You have just made yourself salivate with thought.

Not only do our thoughts influence our bodies, but also the correct thoughts can heal our bodies. Some people are better at it than others. Those who excel at this skill share a deep belief that they are able heal themselves with thought, and those who largely lack the skill share the belief that it's impossible.

The idea is simple: just as there is the overall me, there are also many smaller individual aspects of that me, represented in my tissues and organs themselves. In the dynamic world of information within my body, there is a distinct consciousness in each of my organs. Our organs store memories and also contain information. And they can talk to us. The big me can go in and establish a dialogue with the different organs and tissues. Scientifically too the connection and receptivity of cells, not only at the human level but also at the plant and animal levels, has been established.

BIO-COMMUNICATION IN LIVING BEINGS

Researcher Cleve Backstair spent 36 years studying biocommunication in plant, animal and human cells

He attached the electrodes to a leaf and began to think about ways that he might induce a surge in electrical activity in the plant. In humans this surge in electrical activity is associated with intense emotions. He suddenly imagined burning the electroded leaf. The same instant this idea entered his mind, the polygraph pen shot to the top of the chart showing an extreme reaction on the part of the plant. He intensified the threat by picking up some matches, the plant continued to show the same high level reaction. Backster decided to "remove the threat" by returning the matches to the desk. At this point, the chart displayed a downward trend as the plant apparently began to calm down. When Backster attempted to repeat the same results by pretending that he was going to burn the plant, there was no reaction. The plant seemed to sense the difference between real and artificial intent.

SIGNS OF CONSCIOUSNESS

Backster later expanded his research to include testing

human cells for signs of consciousness.



He collected white blood cells from human donors, electroded them in a test tube and then recorded the cells' reactions as the donors experienced different emotional states. He found that spontaneous emotions were necessary in order to elicit an electrical reaction in the cells.

For instance, if a donor forced herself to feel an emotion, the cells would not respond. However, when she received a distressing phone call from her daughter, the cells reacted significantly.

He noted that distance seemed to be irrelevant in these experiments. For example, a donor left his electroded cells behind in the lab, then kept a detailed log of any stressful emotions experienced on his trip home to another state, such as missing a turn on the freeway, standing in a long line at the airport, and the take-off of his plane.

Later, his logged incidents compared with the chart recording showed strong correlations between the timing of the stressful events and the electrical reactions in his cells. The chart became quiet again when he arrived home and went to sleep.

However, spontaneous emotions were necessary in order to elicit an electrical reaction in the cells.

Our organs can tell us a lot of things. For instance, a patient who came to treatment for severe constipation, had received standard help from doctors such as increasing fiber and exercise, stool softeners and even antidepressants, with weak results. During the consult, using guided imagery, we established a conversation 'between his higher Signs of Consciousness self and his colon', and his colon told him that the reason it was holding its movement was because he was feeling stuck at work. He had a long term dispute with his business partner that wasn't being resolved.

The colon was storing that emotional and perceptual component of his inner life. He realized then that he had been very rigid in his position about the dispute and needed to move on. The day after he signed the dissolution papers he had a bowel movement and within a month he had his

regular rhythm restored.

Another fascinating example of how our organs store information and life experiences, even highly specific and detailed stuff, was reported by Paul Pearsall, Ph.D., in his book *The Heart's Code*. I heard about this account by Ron Hulnik, Ph.D., one of the founders of the prestigious program in Spiritual Psychology at the University of Santa Monica, where I am so excited to be currently taking a Certification. Pearsall, a clinical neuropsychologist in the Transplant Donor Department at the University of Arizona, describes how organ recipients take in memories and personality traits from the donor. He tells the case of a girl who had received a heart transplant from another girl who had been murdered. She soon began to have dreams and flashbacks of being murdered herself that eventually became so vivid and detailed that her mother reported it and it led the police to identify the actual murderer and prove the case in court. The implication of such an unequivocal event makes it undeniable that the organs themselves, independently, are capable of storing a high level of specificity of information.

RAW CREATIVE HEALING ABILITY

These experiments were conducted while using equipment that screened out electromagnetic radiation — the usual energies used for information transmission. The cells behaved as if the screens weren't there, suggesting that this communication is carried by a field still unidentified by conventional science.

Some scientists believe that the further development of quantum physics may help guide us to understand this field that communicates emotional intent between living things. Quantum Entanglement is a process where two particles of matter which have interacted with each other, still behave as if they are connected after being separated by many miles.

When an energetic change is made to the properties (position, momentum and rotational spin) of one of the particles, the properties of the other distant particle will change at the same instant.

This scientific phenomenon and the research of Cleve Backster, point to the Eastern concept of oneness — the view that all of nature is interdependent. Ancient cultures understood this interconnection as a living universal energy field that sustains life while guiding the evolution of consciousness throughout the universe.

THE PATH TO FREEDOM

Can my body hear me?

One night, after reaching a state of deep calm through meditation, I inwardly engaged my body in a heartfelt conversation, with hope, but having no idea what to expect. After about one hour of this focused communication,

something amazing happened.

My tissues began to respond. Connective tissue pulled and stretched apart layers of scar tissue. Nerves fired and my calf muscles began to perform flexion and extension exercises independently of my conscious control.

As this response continued, one of my calf muscles that had become paralyzed by a neuropathic condition — diagnosed as Reflex Sympathetic Dystrophy — came back to life as electric-like jolts shot through the area. Nerves fired and my calf muscles began to perform flexion and extension exercises independently of my conscious control.

HOW DO I TALK TO MY ORGANS?



There are two steps and one rule to do this.

The first step is doing something to quiet the mind chatter and be present. This can be one minute focusing on our breathing, or even just one breath!

The second step is to turn our attention to a particular organ with an attitude of inquiry and establish a dialogue.

The rule is that when we ask a question, we have to be direct, as if we were talking to someone right in front of us, and then pause and wait for the very first thing that comes to mind, without preconditions. It might be a thought, an image or a memory. It might be the feeling of something that could become clear at a later time.

The rule means that it is spontaneous information that formulates in our Consciousness in the pause immediately after we address the question to the organ.

Sometimes, there doesn't need to even be a question; all that seems to be needed is to turn our attention to the organ with the intention to see it and listen to it.

The wording doesn't matter. Only the intent. We can speak out loud, in our heads, speak as if to a god or as if to a child. The important part is that we relay our physical desires to our bodies in a way we can understand what we want. Our bodies don't understand words, only the underlying meaning and intent of the words.

“Body, do what you need to do to heal yourself.”

“Body, do what you need to do to heal the ankle that has

been giving me pain over the past few days.”

Sickness: “Body, do whatever you have to in order to prevent this oncoming sickness from materializing.” A few days ago I woke up with a headache, and felt nauseated and exhausted. After trying to work for a few hours, I decided to lie down and have a lengthy conversation with my body. I didn't want to get sick, but I felt exactly what I have felt hundreds of times in my life: sickness was coming fast. In this particular case, I spent a full hour in bed, completely relaxed, and spoke with my body. I asked it to energize me and remove whatever was causing the oncoming sickness. When I rose, I felt perfect. I didn't get sick at all and was perfectly energized. In the past, I would have assumed there was nothing I could do, and would have likely spent several days feeling terrible.

Or you can speak to your body as if you're speaking to a friend, like I often do.

"Hey Body, what's up? You doin' alright? Tough day huh? Thanks for crushing it in the gym today. That was awesome. I can tell you're a bit tired and have some serious work to do tonight. I'll leave you to it. Remember bud, I don't know what you do exactly cuz you're way better at that stuff than I am, but do whatever you have to do to maintain perfect health. Oh and that damn shoulder huh? A bit sore. Let's work on fixing that tonight. Cool? Alright man, good luck. I'm going to sleep. Thanks for everything, you're awesome.”

VISUALIZE

In addition to talking to your body, it's highly important to visualize the end result you desire. Make sure to do so in vivid detail and to focus on the positive emotions resulting from the visualizations. When the emotions spring up, revel in them and experience them fully.

If you want to feel refreshed and energized, visualize yourself feeling thus, in vivid detail. Enjoy the energetic feelings and imagine all of the things you'll do.

If you want your broken arm to heal more rapidly (after a doctor or other professional sets it, if necessary), imagine your arm in perfect working order, as strong as it ever was. Feel in your mind what it would feel like to have a perfectly healed arm.

If you want to lose weight, visualize yourself in detail at your desired weight. Imagine what it would feel like as you navigated Earth as a fit person, and revel in those emotions as you drift off to sleep. While your body can burn extra fat overnight and during the day if you ask it to, visualizing yourself as a fit person will not only help your body achieve the state, but it will inevitably alter your eating and exercise habits if you constantly visualize yourself as fit and revel in the accompanying positive emotions.

If you want to heal yourself of anything, visualize and imagine what it would feel like to be experiencing your

desired result. Do so in as vivid detail as you can muster, really focus on the positive feelings, and when you're done, forget it all and just trust that your body knows what to do.

THE BEST TIME TO TALK TO YOUR BODY

We can have these conversations whenever we want, throughout the day and to whatever end, but the best time is right before sleep when our conscious focus fades into deeper realms.

While we sleep, our bodies undergo all kinds of complex functions to maintain or obtain health. To prepare for a new day, to recover from a long one. We become cornucopias of flowing hormones, and we can influence the flow to a large degree. We simply need to communicate our bodily desires and sprinkle them with a healthy dose of trust.

THE PRACTICE.

Sitting or lying comfortably, close your eyes and let your attention shift from the outer world to the inner world. In one sweep from head down to toes, just scan across your whole body with your attention and let each muscle relax, let each joint soften, letting all the nerves just open, the circulation and the skin open. And let your body release all tension at its own pace.

Now, open your inner eyes and go with your attention to the organ you want to talk to, listen to, or just hold space for. Allow yourself to use your full imagination and live it inside of you.

Have you been having any issues with the health of this organ? Connect to these symptoms, and specifically to the emotions that these symptoms arise in you. Stay attuned to these emotions for a moment. Don't judge them or try to change them, just be with them.

Now, begin to talk to the organ, as if it was a person you are talking to. Hold an attitude of appreciation, companionship and support. This part of you has been suffering and you want to be there for it. Lovingly express to the organ your support at this time. Talk to the organ as if it was your own 5-year old kid. Ask simple, direct questions such as: “Why are you in pain?” “How can I help for you to feel better?”

Remember, don't prejudge or discard whatever arises when you ask. Spend a moment or as long as you feel is right in this dialogue, or simply sit in the presence of the organ, holding your Consciousness there. When you feel it's done, say thank you to your organ for being available to you.

GUIDELINES FOR DYNAMIC HEALING

When instructing my clients, I explain that a regular meditation practice is necessary to train the brain to enter alpha and theta brain wave states. While in these states, communication between the conscious mind and the physical body is dramatically enhanced.



I have found that when communicating, there are three key steps to gaining the cooperation of the body:

1. *Approach your body with genuine compassion, understanding that it is made up of conscious cells who experience emotions.*
2. *Build trust by engaging your body in mental conversations about your desire for the two of you to cooperate and overcome the ailment.*
3. *Allow changes in the conversation by using different thoughts and words that elicit spontaneous elevated emotions.*

From my experience, the above guidelines are necessary to achieve dynamic healing responses in the body.

The Force of human Intention

The meditation techniques involved in my practice bring the mind into attunement with this field. Energy from this field is then focused into a physical healing event through clear intention — delivered by means of a conversation that evokes spontaneous emotions — and attunes the physical body to the conscious mind. This method which I call Antara (Sanskrit for within), enables one to experience the raw creative healing ability generated by an alliance of the mind and body with this living universal energy field.

THE MOST IMPORTANT MESSAGE OF ALL

If you love and respect your body, it will love and respect you back.

Give it a little tough love by pushing it physically, then feeding it some natural, nutritious foods. Think of it as your pet that loves you unconditionally and craves your love, but who can't be a good pet to you if you're not a good master.

Chinese Medicine is very advanced in its understanding of the body mind soul connection, and deserves mention as this healing modality is vastly underestimated.

Osho's 'the forgotten language of how to talk to your body and mind'...opens this very similar loving and thankful approach towards our bodymind system.

SOME EXPERIENCES

Patricia Dick on October 6th, 2019

I had a benign acoustic neuroma growing on my balance nerve compressing my hearing nerve. I visualized it being eaten up and dying in a deep meditation daily for a long

time. I spent two years trying to shrink the tumor. Turns out it doubled in size but the surgeon who removed it cell by cell said it was real easy to remove because had 3 big dead spots in it. I feel like I got the tumor when I accidentally burned the inside of my ear with a cell phone (one of the old ones that really put out the juice when you talked). I learned that you can communicate with the cells in your body and help them live or help them die.

Lydia Campbell on November 13th, 2019

I have learned to talk to my inner self and legs for years now as over 20 years ago it was discovered I had grade 4 osteoarthritis. I was shocked as no pain until one day my leg ballooned as the ligament fascia gave way !!! I was extremely fit ate well had 6 pregnancies and ran my own fitness business. Inwardly my body was quietly destroying cartilage. So I had cartilage transplants and this meant 20 weeks no weight bearing and I endured 9 knee operations then finally two total knee replacements 15 yrs later . My body screamed with pain my fascia was so tight in places. I imagined I could jump every step and was dancing again as I talked to my knees to move ,I talked to every pain I endured I talked to my feet to walk again. Our organs suffer from constant stress and we often stop breathing . . I now teach self care body work to my clients and classes to help them realise it's ok to do this to touch feel and focus on ones self as you breath..talk out loud or in ones mind like a mantra.

Christine Jackson on December 20th, 2019

Hi there, fascinating stuff. I am a massage therapist and often feel unresolved emotion stuck in the body. Sometimes I see disease and is usually like an xray picture in my mind. I have been told that this man will have a heart attack soon, as an example. I advised he go to the doctor to have his heart checked. He did have a heart attack the next week. At first I didn't know what to make of it, or wasn't sure I should talk to the client about what was being revealed to me. I decided to take the risk and talk to the client. Sometimes my hands are led to a particular area in the body and the client feels heat coming from my hands. I linger there and try to tune in. If I see a problem I go further and try to find out what is stuck there causing the problem. I had a friend who I was working on and kept seeing the color orange. I told her what I was seeing and neither one of us knew what to make of it. When she went home she urinated bright orange. She went to her doctor and found out she had kidney stones. I have healed myself going within and finding what is stuck and causing problems. Usually it is myself who has to be forgiven or someone else. Then I release the emotions in love. After reading this article I know it is time to fully envelope this gift/ practice and further my studies. thank you!



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**पूर्वजन्म में अपनी दिवंगत बेटी
 की आत्मा से की मुलाकात**

पूर्वजन्म में मैंने स्वयं को सन् 1801 में बहुत पुराने छोटे से महल के खण्डहर जैसे मकान में देखा, उसके बाद मैंने एक रोशनी से जगमगाते हुए महल में देखा। उसके बाद मैंने खुद को दक्षिण भारत में किसी मन्दिर में साधुओं जैसे कपड़े पहने और सफेद दुशाला पहने देखा। 80 वर्ष की उम्र में ध्यान करते-करते मृत्यु हुई व आत्मा का रंग उजला सफेद था। 2120 में मैंने अपना एक महल देखा। पूर्वजन्म में अपनी बेटी जिसकी एक दुर्घटना में मृत्यु हुई थी उसकी दिवंगत आत्मा से मुलाकात हुई। मैंने उससे पूछा कि बेटी तुम्हें कोई दिक्कत या कोई इच्छा है तो बताओ। उसने कहा कि उसे कोई दिक्कत या इच्छा नहीं है और उसने बताया कि वह मेरे बेटे के घर में ही जन्म लेगी। ऐसा कहकर वह चली गई।

- डॉ. शांति सिंह / दिल्ली



**पूर्वजन्म में थी लड़का; भाई के जीवन
 की समस्या का कारण व हल ढूंढा**

पूर्वजन्म में मैं एक लड़का था। मैंने पाँवों चप्पल और कुर्ता-पायजामा पहना था। छोटे-छोटे घर दिखे। आसपास एक बच्चा दिखाई दिया जिसका नाम संजय था। 45 वर्ष की आयु में मेरी मौत हुई थी। 5 साल आगे जाने पर बढ़िया घर देखा, बेटा व बेटी सम्पन्न व खुशहाल देखे और पति कुछ बीमार से दिखाई दिए। सन् 2030 में मैं किसी जगह सेवा कर रही हूँ। 100 साल बाद का काफी अच्छा अनुभव हुआ। मैंने खुद को किसी राजमहल में देखा वहाँ बहुत सारे लोग मुझे महाराजा अग्रसेन के नाम से पुकार

रहे थे। वे मेरी प्रजा थी और मैं उनका राजा था। मेरा पूरा राज्य बहुत सम्पन्न था। अपने कार्मिक बन्धनों के कारण जानने के लिए मैं अपने भाई जिससे मेरा बहुत लगाव है, वह न तो सम्पन्न हो पा रहा है और न ही उसकी शादी हो पा रही है जिसके कारण मैं भी परेशान रहती हूँ। वहाँ पता चला कि मेरा भाई राजपरिवार से था और हमेशा मदिरापान करता और एक नृत्यांगना के चक्कर में रहता था। उस नृत्यांगना ने उसे प्रलोभन देकर लूटा और धन समाप्त होने पर धोखा देकर चली गई। मेरे भाई द्वारा सताए हुए लोगों ने उसे बहुत बद्दुआ दी जिसकी वजह से न वह सम्पन्न हो पा रहा है और न ही उसकी शादी हो पा रही है। इस परेशानी का हल ढूंढने के लिए जब मैंने अपनी नानी की आत्मा को बुलाया तो उन्होंने मुझे आशीर्वाद देते हुए कहा कि अपने भाई के बारे में चिन्ता करने की जरूरत नहीं है उसकी शादी हो जाएगी। बहुत अच्छा अनुभव रहा।

- सीमा सलूजा / दिल्ली



**पूर्वजन्म का भाई इस जन्म में भतीजा;
 मैं आध्यात्मिक संस्थान की संचालक**

पूर्वजन्म में मैंने ऐसा अनुभव किया कि जैसे मैं आकाश में उड़ रही हूँ, मैंने नदी-नाले, पर्वत एवं इन्द्रधनुष आदि देखे और पहाड़ों के ऊपर से होते हुए न जाने मैं कहाँ चली गई। पूर्वजन्म में मैं रमेश नामक पुरुष थी और अच्छा बिजनेस था। उस जन्म में मेरा एक भाई था जिसका नाम इन्द्रजीत था और अब वह वर्तमान के जीवन में वह मेरे भतीजे समर सिंह के रूप में है। 2040 में मैं किसी धार्मिक संस्था से जुड़ी हुई हूँ, और आगे ओशो दिखाई दिए। 2025 में खुद को किसी आध्यात्मिक संस्थान के ऑर्गेनाइजर के रूप देखा व गुरुजी उसका उद्घाटन करते हुए दिखाई दिए और 2030 तक गुरुजी ही दिखे।

- नीलमधु श्रीवास्तव / झांसी, यूपी.

जीवन की सारी समस्याएँ सुलझाएँ **25 Jan. (04 pm)** **Please Bring** **Register your name &**
पूर्वजन्म में जरूर जाएँ **at Regent Grand Hotel,** **2 Bed Sheets** **confirm your seat to**
Opp. Pilar No 167, East **Fee** **9811179047**
Patel Nagar, Delhi **Rs. 1500/-**

एक ऐसा भविष्य जिसकी सच्ची जानकारी कोई भविष्यवक्ता नहीं दे सकता - वह सच्ची जानकारी पूर्वजन्म में स्वयं जाकर पाएँ
 RHF केन्द्र पर व्यक्तिगत पूर्वजन्म में जाएँ या हमारी Pastlife Group Session कार्यशाला में सामूहिक पूर्वजन्म में जाकर अपना वास्तविक भविष्य देखें।

हर कोई बन सकता है पूर्व जन्म विशेषज्ञ

आपकी अनेकों वर्तमान समस्याओं की मूल जड़ें पूर्वजन्म से जुड़ी हैं।

**पास्टलाइफ
 थेरेपी** सीखें
 Become A Pastlife Therapist



Date: 25th Jan. Time: 09 am - 06 pm (Sat.)
Venue: Regent Grand Hotel, East Patel Nagar, Delhi

**फीस - 10,000 /- (पूर्वजन्म अभ्यास करने की 5 CD,
 कोर्स मेटिरियल, चाय एवं भोजन सहित)**
अपना नाम रजिस्टर कराएँ।

सीखें सम्मोहन विज्ञान - कैसे करें कोई भी अंग सुन्न, दें दर्द में तुरंत राहत, ठीक करें रोग, मानसिक समस्याएँ, आदतें, कमजोरियाँ, भय, इत्यादि। बढ़ाएँ आत्मविश्वास और स्मरण शक्ति।

ले जाएँ पूर्व जन्म में - क्यों आपके संबंध खराब हैं? क्यों आपको रोग है? क्यों आपको धन की कमी है? क्यों आपके जीवन में दुःख ही दुःख है, पहचानें शाप के प्रभाव, कार्मिक बंधन, आपके रिश्ते इत्यादि।

दिखाएँ अचूक भविष्य - जो भविष्य संसार का कोई त्रिकालदर्शी, ज्योतिषी, सिद्ध, महात्मा, योगी दिखा नहीं सकता, वह सच्चा सटीक भविष्य स्वयं अपनी ही आँखों से दिखाएँ या देखें।

खोलें अनगिनत रहस्य - अपनी चेतना को ले जाएँ किसी भी समय या दूरियों में और खोलें छुपे हुए अज्ञान रहस्य (मर्डर, चोरी, एक्सीडेंट, गुमशुदा व्यक्ति एवं वस्तुएँ, गड़ा धन, गलत संबंध इत्यादि), जाएँ किसी के भी जीवन या घर में और जानकर आएँ उनकी वास्तविक सच्चाई, सोच एवं काम।

सिर्फ 5 मिनट में - जानिए किसी भी व्यक्ति का भूत, भविष्य, वर्तमान एवं वास्तविक व्यक्तित्व प्रत्यक्ष खुली आँखों से या उसके फोटो से।

Welcome to the World's Largest Group

RHF'S NEW REIKI MASTERS



Reiki Introduced Me To God's Energy

I feel God power or Universe power. I know my natural power. I changed my behaviour a lots. I healed many people. I felt I am a doctor, special person of God. I can do everything. But still many things I should change. So Reiki power with me. So I keep focussing on it. Sure I will change. Thanks RHF & Guruji-Guruma.

-Manoj Dhand/Businessman/Patiala, Punjab

रेकी मास्टरशिप पश्चात् कोई नकारात्मक शक्ति मेरा मार्ग नहीं रोक सकती



मेरी बचपन से ही आदत रही है कि हर काम की तह तक जाना है। मेरे पिताजी आयुर्वेदिक कालेज में प्रोफेसर थे जो बहुत ही धार्मिक और आध्यात्मिकता में परिपक्व थे। मेरी ससुराल वाले भी श्री आनन्दपुर सत्संग आश्रम से जुड़े होने के कारण सात्विकता में पूर्ण हैं। वहाँ ही आश्रम में ही मेरी एक रेकी मास्टर से पहचान हुई तो मेरे भीतर एक प्रबल इच्छा हुई कि मैं भी रेकी शक्ति को मास्टरशिप तक सीख लूँ। मेरी यह इच्छा पूरी करने में मेरे पति और बच्चों ने भी मेरा पूरा साथ दिया। आज मैं रेकी हीलिंग फाउन्डेशन से जुड़ी हूँ। अब मैं एक सफल रेकी मास्टर बन चुकी हूँ और अब कोई नकारात्मक शक्ति मेरे आगे बढ़ने के मार्ग को नहीं रोक सकती। आज मुझे यह एहसास हो रहा है कि प्रकृति की सभी शक्तियाँ मेरे साथ हैं और मैं आत्म कल्याण के साथ-साथ संसार का भी कल्याण करने में सक्षम हूँ। रेकी शक्ति, गुरुमाँ - गुरुजी एवं अन्य सभी गुरुजनों का हृदय से धन्यवाद करती हूँ।

- पुष्पा शर्मा/रिटायर्ड लेक्चरार/भटिंडा पंजाब

मास्टरशिप पश्चात् रेकी शक्ति का मानव व विश्व कल्याण हेतु प्रयोग कर सकूँगा



हमारे ऋषि-मुनि इस कल्याणकारी शक्ति का मानव कल्याण हेतु प्रयोग करते थे; रेकी मास्टरशिप पश्चात् मैं भी रेकी शक्ति का मानव व विश्व कल्याण हेतु प्रयोग कर सकूँगा। रेकी एक महान ऊर्जा है जो मानव कल्याण के लिए काम करती है। रेकी ऊर्जा हजारों सालों पहले भी हमारे भगवान या ऋषि-मुनियों द्वारा विश्व कल्याण के लिए प्रयोग की जाती थी। मेरी रेकी की यात्रा भी जब से शुरू हुई मैंने इस ऊर्जा को अनुभव किया और धीरे-धीरे मेरा ध्यान रेकी की तरफ आकर्षित होने लगा। मैंने कई लोगों की हीलिंग भी की और इसके परिणाम बहुत ही अच्छे रहे। मुझे अच्छा लगा कि मैं भी रेकी ऊर्जा से दूसरों की पीड़ा या दुःख को दूर कर सकता हूँ। मुझे अन्दर से काफी शान्ति मिली है। फिर मैंने सोचा कि मुझे रेकी में आगे बढ़ना ही है और बीच में रूकना नहीं है। मैंने अब जो मास्टरशिप की उपाधि प्राप्त की है। मैं अब अपने आपको सामान्य जीवन से ऊपर या अपने आपको भिन्न महसूस करने लगा हूँ। मैं इस उपाधि का पूरा-पूरा फर्ज निभाऊँगा। दूसरों को रेकी के बारे में बताऊँगा तथा मानव कल्याण, विश्व कल्याण के लिए रेकी का इस्तेमाल करूँगा।

- सुरेन्द्र सिंह परमार/गुड़गांव/कंसलटेंट

मास्टरशिप करने के बाद अब मैं दुःखी व परेशान लोगों की मदद कर सकती हूँ



मैंने रेकी 2008 में प्रथम और द्वितीय डिग्री सीखी और उसका उपयोग किया और बहुत लाभ मिला लेकिन अतिव्यस्तता के कारण मेरा रेकी का अभ्यास छुट गया। अपनी रिटायरमेंट के बाद मैंने थर्ड डिग्री की और उसके अनुभव काफी अच्छे सामने आए। अब मैंने रेकी मास्टरशिप करने का निर्णय ले लिया है। मास्टरशिप करने के बाद तो मेरी ध्यान की एकाग्रता इतनी बढ़ गई कि मैं जब भी गुरुजी एवं गुरुमाँ का आह्वान करती तो वे मेरे सम्मुख प्रकट होकर मेरा मार्गदर्शन करते और आशीर्वाद देते। मास्टरशिप करने का मेरा उद्देश्य दुःखी व परेशान लोगों की मदद करना है और उन्हें ज्ञान देकर उनका जीवन सुधारना है। मुझे मानव सेवा से बढ़कर दुनिया में कोई धर्म नहीं लगता। मास्टरशिप करते हुए मैं खूद को धन्य महसूस कर रही हूँ। गुरुजी और गुरुमाँ की सहायता और मार्गदर्शन की बदौलत मैं बहुत कुछ करने योग्य हो गई हूँ और कर भी पाऊँगी।

- विजय नागपाल/सेवा निवृत्त/दिल्ली

रेकी मास्टरशिप के बाद रेकी शक्ति को हर वक्त अपने इर्द-गिर्द महसूस करता हूँ



रेकी मेरे जीवन में आज से लगभग 22 वर्ष पहले तब आई जब मैं अपने माता-पिता की मृत्यु के बाद बहुत अकेला और दुःखी था। इस शक्ति को जानने के बाद मैं कभी भी अपने आप को अकेला नहीं पाता, हर समय किसी अदृश्य ऊर्जा को अपने साथ महसूस करता हूँ जो मेरे आसपास रहने वालों को भी शक्ति देती है। मैं बच्चों का एक स्कूल चलाता हूँ और कभी कोई बच्चा अस्वस्थ महसूस करता है तो तुरंत ही वह रेकी के माध्यम से ठीक हो जाता है। फिर वह डॉक्टर के पास न जाकर सीधा मेरे पास ही आता है। बच्चे भी रेकी लेना ही बेहतर समझते हैं और वे चाहते हैं कि वे बड़े होकर इस विद्या को जानें। डॉ. एन. के. शर्मा और डॉ. सविता शर्मा का धन्यवाद करने के लिए मेरे पास शब्द नहीं है फिर भी मैं उनको नमन करता हूँ।

- अरुण चोपड़ा/बिजनेस/पानीपत



REIKI WORLD TODAY



Reiki Power in Hospitals- IARP

Reiki is increasingly finding its way into institutional settings, from hospitals to hospices, and the push appears to be coming from patients as well as clinical practitioners. “More and more, patients are requesting care beyond what most consider to be traditional health services, and hospitals are responding to the needs of the communities they serve by offering these therapies,” according to researcher Sita Ananth of Health Forum, an affiliate of the American Hospital Association (AHA). “And hospitals are responding to the needs of the communities they serve by offering these therapies.” Reiki is now one of the top three complementary in-patient therapies in U.S. hospitals, according to an AHA survey. Massage therapy takes first place, with 37% of hospital patients requesting it. Number two is music and art therapy at 25%, and a very close third is “healing touch therapies” at 25%, which included Reiki and Therapeutic Touch.

Reiki-Patients love it: For example, Memorial Sloan-Kettering Cancer Center in New York not only offers Reiki therapy to patients but also teaches Reiki once a month, inviting the patients’ caregivers, the patients themselves, and the general public to learn it. “Patients love it,” says Simone Zappa, RN, an administrator in the Integrative Medicine Department at Memorial Sloan-Kettering. “And they love it because it works.” According to an International Association of Reiki Professionals (IARP) study of “America’s Best Hospitals” (the top 25 ranked by U.S. News and World Report in 2002), 60% of them had formal or informal Reiki programs in place. All hospitals using Reiki said that they believed Reiki to be at least somewhat beneficial for patients, and 67% said they believed Reiki to be highly beneficial.

Reiki in Institutions: Acceptance of Reiki in institutions comes in part because it is so easy to incorporate into the clinical setting. It requires no specific setting, technology or preparation. Reiki is a touch therapy, and RNs and other professionals routinely touch patients as part of their job. If they are Reiki-trained, every time they touch a patient, the

patient automatically receives Reiki energy. Since long, formal sessions are not required to support a patient with Reiki therapy, opportunistic mini-treatments in the normal course of patient care make Reiki very easy to incorporate.

What Nurses and Physicians say about Reiki in the Clinical Setting: Mounting anecdotal evidence confirms its benefits over and over again. Nurses and physicians who use Reiki in the clinical setting consistently say it: Makes a patient relaxed, calm and cooperative; relieves acute and chronic pain; boosts the immune system; reduces stress; decreases the need for pain medication; improves sleep and appetite; accelerates the healing process; and has no side effects or contraindications. They also say that Reiki reduces many of the unwanted side effects of radiation and chemotherapy, including nausea and fatigue.

Self Reiki for Nurses: Since health care service in general and nursing in particular are industries with very high burnout rates, the benefits Reiki for practitioners cannot be underestimated. Reiki is just as easily incorporated into the clinical setting for a nurse as it is for a patient, allowing the nurse immediate stress relief and relaxation after just a few minutes of self-treatment on the job.

Monthly Quotation

Life is not about
how you survive
the storm, it's
about how you
dance in the rain.

VEGANUARY

Veganuary (pronounced vee-GAN-u-ary) is a highly acclaimed UK-based charity inspiring people to try vegan for January and throughout the rest of the year. It is dedicated to changing public attitudes while providing all the information and practical support required to make the transition to veganism as easy and enjoyable as possible.



High-profile supporters of this year's Veganuary campaign include Dancing with the Stars finalist and Harry Potter actress Evanna Lynch, Arsenal and France footballer Hector Bellerin, actor Peter Egan, Aussie cricket legend Jason Gillespie, leading animal advocate Earthling Ed, A Place In The Sun presenter Jasmine Harman, TV and radio presenter Sarah-Jane Crawford, and wildlife ambassador Chris Packham.

Veganuary India 2019 Inspired by Helen Keller's words, 'alone we can do so little; together we can do so much', Veganuary and Earthr.org, two nonprofit organizations from across the world, have joined hands to inspire and support the people of India to try vegan food in January and beyond.

Working alongside Leaders from local and regional communities, Veganuary and Earthr.org aim to bring a change in public attitudes on vegan food by providing them with the information and the practical support required to overcome challenges and make a smooth transition to veganism. Through highly positive and non-intrusive messaging, communities all across India shall be encouraged to celebrate vegan diets and helping non-vegetarians and vegetarians to try veganism for a month.

HISTORY OF VEGANUARY

Started in the UK in 2014, Veganuary is a concept that inspires people to try adopting the vegan lifestyle for the month of January. After the UK, countries like USA and Australia adopted it in 2015.

And today, more than 250,000 people around the world have signed up for it already in 2019. This is India's debut year for Veganuary, and to make it successful, there have been aggressive campaigns in 15 cities with a total of 45 events.

"Surprisingly, the response exceeded our expectations. Before the beginning of the month, we heard from the international team that they received 250 sign ups and we are yet to receive the numbers of this week coming Sunday. We are receiving requests from more cities and so far it seems like a success," shares Dharmesh Mehta, country head for Veganuary.

"Their website has a lot of recipes and products — all of which seem so exciting and new. I'm glad I found this platform to learn and see how I can make this change at my own pace," adds Meghana.

So, how does Veganuary work? "It is basically a 31-day email programme for which you have to register on the official website. Once that's done, you will receive emails every day with a variety of information — from tips that will help you

make the switch, to fact files and mythbusters about veganism to recipes that will show you how vegan food is just as yummy," says Pulkit Parikh, one of the volunteers at Hyderabad Vegans, who has been actively promoting the campaign in the city. "The best part is that this time, since it's our maiden Veganuary in India, recipes have been developed keeping Indian preferences in mind. They include readily available vegan alternatives like plant-based milks made from cashews, almonds, coconut, soy, vegan curd, vegan cheese, mock meat, tofu which replaces paneer and gives you vegan versions of many popular desserts. The idea is to motivate people and make them try the vegan lifestyle. We want to tell them that by choosing veganism, they will not be deprived of food options. In fact, all their favourite foods have an alternative that's vegan," adds Pulkit.

The plan seems to have worked wonders, especially for fence-sitters who were jittery about missing out on their favourite 'perugannam' or paneer dishes, because the mailers show you just how much option there really is. Jayashree Raj, a Hyderabad-based radio jockey and animal rights activist, says, "I'd recommend this programme to anyone who's hoped to give veganism a shot but was hesitant for one reason or the other. It's worked like a charm for me. Though I have been a vegetarian all my life, it was impossible for me to avoid dairy products at home. And being a chai lover, it is even more difficult. This month though, I've decided to go fully vegan. After two years of struggle, I can finally say I am on my way to making the switch."

"While diet seems to be the biggest concern for those wanting to make the switch, the fact is that veganism isn't just about a diet; it's a lifestyle that refrains from any form of animal exploitation. "Being vegan, reflects in the person you are, right from clothes you wear to the food you eat and the causes you believe in. I learned that by being a vegan, I can save lakhs of gallons of water, as well as electricity. The health benefits are of course a great bonus too," Jayashree points out.

The best part yet? That you can sign up any time of the month. So, whether you want to do the planet some good, give your diet goals a healthy twist or save animals — Veganuary is your chance!

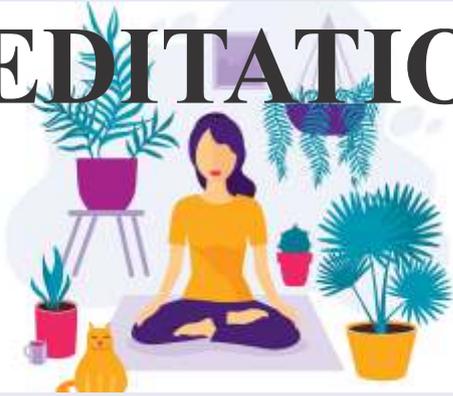
Guruji Says...



**Live life to its fullest.
Enjoy with
every one,
every circumstance,
every event as they
are for you have no
power to change them.**

- Dr. N. K. Sharma

MEDITATION



What Is Meditation?

Training the Mind to Discover the present moment. Put most simply, meditation is a way to train the mind. Most of the time, our minds are wandering — we're thinking about the future, dwelling on the past, worrying, fantasizing, fretting or daydreaming. Meditation brings us back to the present moment, and gives us the tools we need to be less stressed, calmer and kinder to ourselves and others.

Mindfulness: There are lots of different types of meditation. Most religions have contemplative traditions, and there are plenty of secular ways to meditate, too. But in recent years, mindfulness meditation has become increasingly popular.

Basic mindfulness meditation is the practice of paying attention to the present moment with an accepting, nonjudgmental disposition. The goal isn't to stop thinking, or to empty the mind. Rather, the point is to pay close attention to your physical sensations, thoughts and emotions in order to see them more clearly, without making so many assumptions, or making up stories.

Mindful Eating: An illuminating exercise to try is mindful eating. Instead of wolfing down whatever is on the menu, make the time and space to give the experience your full attention. You can do this when you're eating any meal alone. Or, find some time to experiment with mindful eating using a simple food, like a raisin or an apple.

Not only is mindful eating a valuable (and often enjoyable) exercise that can reveal a whole new world of interesting sensory experiences, but some studies suggest that it can lead to weight loss. When we pay closer attention to how hungry we are, and what we're eating, it turns out we often eat less.

Take time to acknowledge every aspect of the eating experience, and your reactions to it. Notice how you feel as you sit down for a meal. Are you hungry? Is your mouth watering?

Take a close look at the food. What does it look like? Inspect it carefully. Is it warm or cold? What does it smell like? Does it make a sound when you hold it?

As you prepare to take your first bite, pay close attention to your own reactions. More salivating? Are you already thinking about the next bite?

When the food hits your tongue, what happens? Notice the impulse to chew. Are you already inclined to swallow and take the next bite?

How does the feeling of the food change as it gets chewed? What does it feel like as it makes its way down your throat? Can you feel it in your stomach?

Take your time. When you've completely finished one bite, move on to the next, again noticing everything you can about the experience — from the tastes, smells and physical sensations, to your own desires, reactions and impulses.

Vegan Recipe

RED HOT BEET CHOPS

Serves: 6-8 Ingredients

2 beetroots, grated

1 potato, steamed, mashed 4
tbsp gram flour / chickpea flour
(besan) 1 onion, chopped

1 green chili, chopped 1/2 cup black chana sprouts
2 tbsp coriander leaves, chopped Salt to taste 1 tbsp
flaxseed powder, optional Preparation Roast the gram
flour till a fragrance is released and the raw smell is
gone. Saute the onions and green chili till soft.

Mix together all the ingredients. Take small amounts of the mixture in the palms of your hands and form a ball. Flatten the ball and place on a griddle. Cook the balls on medium heat till browned on both sides. Serve with green chutney or tomato sauce.



RAW FOODS

Spicy Moroccan Carrot Salad With Garlic/ Indian Moroccan Raw Carrot Salad

Prep time: 10 mins

Total time: 10 mins

Recipe type: Salad Cuisine
(Indian)

Serves: 2 Ingredients 1 large
carrot peeled and cut into evenly
sized strips 3-4 garlic cloves
minced 1/2 tsp red chili powder
salt to taste 1/2 tsp lemon juice 1/2

tbsp sesame oil (optional) Instructions First you need to make dressing for salad. To make dressing in bowl, take minced garlic, red chili powder, salt, lemon juice. Mix them well. Add carrot strips in the dressing and stir well. Put aside for 5-7 minutes to marinate. Now it's ready to serve. For garnishing sprinkle some red chili powder. You can also pour some oil to give it more taste. Black sesame seed give it perfect final garnish and gives a little crunch to it..



All RHF's Staff Wishes
HAPPY BIRTHDAY



To Our Beloved **Guruma**
on **3rd Feb 2020**

Every Child Has An Inner Eye

Your Child can see, read & sense
everything blindfolded

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WORKSHOP CALENDER - DELHI

18 Jan.	Vidya Shaktipat (5:30 pm) Hindi Bhawan, ITO, Delhi	02 Feb.:	2nd Level (9 am - 6 pm)
18-19 Jan.:	Clinical Hypnotherapy (9 am-6 pm) Hotel Exotica, Pillar 201, West Patel Nagar	03 Feb.:	3rd Level (9 am - 6 pm) Hotel Regent Grand, Opp. Pillar No. 167, East Patel Nagar, Delhi
25 Jan :	Pastlife Teacher Course (9am-6 pm)	15-16 Feb.:	Mid Brain Actication (Adult) (9 am-6 pm) Hotel Exotica, Pillar 201, West Patel Nagar, Delhi
25 Jan :	Pastlife Group Session (04 pm) Hotel Regent Grand, East Patel Nagar, Delhi	16 Feb.:	Dowsing (11 am)
25-26 Jan.:	Mid Brain Activation (Kids) (10 am - 5 pm) RHF Office, Pitampura	16 Feb.:	Pastlife Group Session (9 am)
28-29 Jan.:	Mastership (9:30 am - 5:00 pm) RHF Office, Pitampura	8 March :	Crystal Ball Gazing (11 am)
30 Jan. :	Grand Mastership (9:30 am) RHF Office, Pitampura		
01 Feb. :	Free Mass Reiki Workshop (8:30 am-5 pm) Vishwa Yuvak Kendra, Opp. Chanakyapuri Police Stn, Delhi		

BANGALORE

06 Feb.:	Free Intro Seminar : (6:45 pm) Vijay Residency Hotel, Opp. Sapna Book House, Gandhi Nagar, BNGR
06 Feb.:	Mastership (12:30 Noon) Sukh Sagar Hotel, Gandhi Nagar, BNGR.
07 Feb.:	Pastlife Teacher (9 am - 6 pm) 8 - 9 Feb.: Reiki & Mind Power (9 am - 6 pm) Vijay Residency Hotel, Gandhi Nagar, BNGR
08 Feb.	(08 am): Dowsing Sukh Sagar Hotel, Gandhi Nagar, BNGR.
9 Feb.	(8 am): PLR Group Session Vijay Residency Hotel, Gandhi Nagar, BNGR

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The Last Hope - RHF's Powerful Distance Healing आशा की अंतिम किरण – आर.एच.एफ. का शक्तिशाली दूर उपचार

डिस्टेंस रेकी हीलिंग से 3 माह में गर्भाशय व पेट की गाँठें व हर्निया की बीमारी हुई ठीक

मेरी पत्नी को पेट में और गर्भाशय में गाँठें थीं तथा हर्निया की बीमारी थी जिनकी वजह से उनको काफी तकलीफ रहती थी। मैं भी उनको लेकर काफी चिंतित रहता था। अपना काम नहीं कर पाता था, पूरा घर ही विचलित रहने लगा। डॉक्टरों से इलाज भी कराया। उन्होंने ऑपरेशन के लिए बोल दिया जबकि मेरी पत्नी और मैं नहीं चाहते थे कि ऑपरेशन हो अतः मैंने RHF में अपनी पत्नी की डिस्टेंस हीलिंग आरम्भ करवा दी। मात्र तीन महीने की हीलिंग में ही गाँठों से पूरी तरह छुटकारा मिल गया और हर्निया भी लगभग पूरी तरह ठीक है। मैं RHF को और दिव्य रेकी शक्ति व हीलर श्रीमती ज्योति वैश्य जी का हृदय से धन्यवाद करता हूँ।

- रणजीत सिंह / नोएडा

रेकी द्वारा 1 महीने में बिगड़े सम्बन्धों को किया मधुर व बचाया वैवाहिक जीवन

मेरे भाई ने लव मैरिज की थी। शुरू में घरवाले उनके खिलाफ थे लेकिन बाद में सभी ने उनको अपना लिया। लेकिन 6-7 महीने बाद ही मेरे भाई-भाभी में कहासुनी होने लगी। धीरे-धीरे बात इतनी बढ़ गई कि

उनका वैवाहिक जीवन बर्बाद होने के कगार पर पहुँच गया। बात तलाक तक पहुँच गई जो हमारे परिवार वाले बिल्कुल नहीं चाहते थे क्योंकि तलाक होने पर दोनों की जिन्दगी नर्क बन जाएगी अतः मेरे कहने पर मेरे माता-पिता ने RHF में जाकर उन दोनों की डिस्टेंस रेकी हीलिंग आरम्भ कराई। 1 महीने की डिस्टेंस रेकी हीलिंग में ही उनके सम्बन्ध मधुर हो गए और वे पुनः अपना गृहस्थ जीवन सुखपूर्वक जीने लगे हैं। मैं रेकी हीलर श्रीमती अनिता तनेजा जी का व रेकी शक्ति एवं RHF का आभारी हूँ।

- राजीव गुप्ता / फरीदाबाद

रेकी हीलिंग द्वारा छात्रों ने अर्जित किए 95% अंक

रामप्रसाद सिंह का अपना इन्स्टीट्यूट है और वे हर वर्ष अपने यहाँ पढ़ने वाले बच्चों की परीक्षा से पहले हीलिंग आरम्भ करवा देते थे ताकि बच्चों को अच्छे अंक प्राप्त हों। इस वर्ष भी उन्होंने अपने इन्स्टीट्यूट के 10वीं और 12वीं के छात्रों की डिस्टेंस हीलिंग आरम्भ करवा दी। 3 महीने की हीलिंग के प्रभाव से उन सभी छात्रों ने 95 प्रतिशत अंक प्राप्त किए। रामप्रसाद जी रेकी के बहुत बड़े प्रशंसक हैं और रेकी पर उनका अटूट विश्वास है। जब से वे RHF के साथ जुड़े हैं तब से उनका बिजनेस बहुत अच्छा चल रहा है।

- रामप्रसाद सिंह / बिहार

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