

## Healing for Better Health

Our club meeting on May 31, 2013 was presided over by PE Deepak Sood. He welcomed Er. Bharat Bhushan Hooja, Pranik Healer, Distant Healer and Vastu Expert, who gave a talk on 'Healing for Better Health'. He was introduced by Rtn. Ashok



*Bharat Bhushan Hooja*

Kumar Sharma. Mr. Hooja retired as Executive Engineer from Delhi Vidyut Board. He is Founder of Shri Krishna World Peace Foundation, Panchkula. He is an Astro-Vastu Consultant, Advance Pranic Healer, Lama Fera Grand Master, Reiki Grand Master, Mantra Healer, Auto Writing and Self Motivator. He is a close friend of Rtn. Salil Chopra.

Mr. Hooja said there are many means to restore and maintain our health. Some of them are Nutritious Diet,

Exercise and Yoga, Pranayam, Meditation, Medical Treatment and Healing.

All of the above mentioned means are for good health, and have their own significance in human life. He said, "There is difference between treatment and healing. In treatment we use physical medicine. Where as in healing we use energy as a medicine." Energy for healing can be used from different sources such as sunlight, cosmic or pran energy or energy of five elements or energy of mantras etc. Healing is capable for cure of many diseases which are considered incurable in medical science.

He further explained, "In addition to physical body, we have astral body, (sushakm sharir) and casual body (karan sharir). In suksham sharir there are seven energy centers which play very important role in healing.

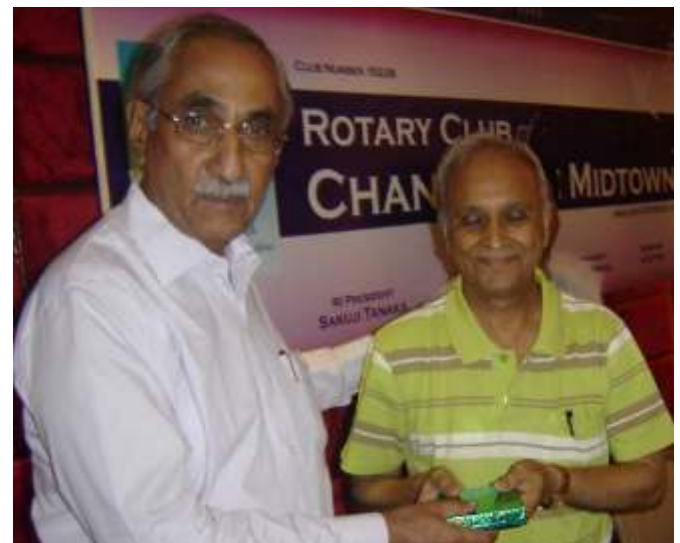
He discussed the major seven chakras of the body. The word chakra is Sanskrit for 'wheel'. Each of the seven major chakras has its own distinct character and relates to a unique aspect of our being. The chakras correlate to levels of consciousness, body functions, colors, elements, sounds, and much more. The blockage or energetic dysfunction in the chakras is believed to give rise to physiological, psychological, emotional, and spiritual disorders.

Anatomically, the seven major charkas are located either along, or just in front of the spine following a central energy line called the Sushumna. Associated with the chakras is a latent subtle energy called kundalini. At the base of the spine lies the first chakra, called the Muladhara. Within the first chakra, latent consciousness-energy called the kundalini-shakti exists. The Kundalini-shakti can be aroused and directed up the Sushumna. This energy can ascend through each chakra until it reaches the seventh or crown chakra, called the Sahasrara. Within the crown chakra, the kundalini shakti unites with Paramashiva, the Supreme Shiva, bringing a person to a state of oneness.

He also discussed about inner aura which is a reflection of our spiritual health. Our outer aura is the luminous energy field. Both of these auras emanate from our skin outwards.

Mr. Hooja also talked of cosmic energy from our hands which helps in healing. Cosmic energy healing is an important facet of spiritual healing and is referred to as the life force and the energy that maintains the balance of the entire cosmos.

We all receive this energy while sleeping but often this is not sufficient to maintain the balance in our life. The energy received through spirituality is powerful enough to assist in healing through cosmic energy. It helps us to live a healthier and



*IPP R.K. Luther presents a memento to Er. Bharat Bhushan Hooja*

happier life.

Pranic healing, rediscovered by Grand Master Choa Kok Sui uses prana (energy) to heal ailments in the body by manipulation of the person's energy field.

Mantras have been used for thousands of years because they are extremely powerful and effective. On a spiritual level, the mantras strengthen their connection to the divine power. It soothes the mind and body.

He also discussed about Reiki, a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by laying on hands and is based on the idea that an unseen 'life force energy' flows through us and is what causes us to be healthy.

The ability to learn Reiki is not dependent on intellectual capacity, nor does one have to be able to meditate. It does not

take years of practice. It is simply passed on from the teacher to the student. As soon as this happens, one can do Reiki. Because of this, it is easily learned by anyone. Reiki is a pure form of healing not dependent on individual talent or acquired ability. Because of this, the personality of the healer is less likely to cloud the significance of the experience. The feeling of being connected directly to God's healing love and protection is clearly apparent.

Vote of thanks was proposed by IPP R.K. Luther, who thanked Mr. Hooja for enlightening us on the interesting subject by explaining the chakras, the divine power and the holistic approach as healer for better health.

PE Deepak Sood also acknowledged the presence of Ms. Amita (PHF) in the meeting. She is the daughter of PP B.L. Ramsisaria.



Wedding anniversary gift to R'ann Indu & Rtn. Dr. Jawahar Luthra from Mr. Bharat Bhusan Hooja



Mr. Hooja presents birthday gift to R'ann Sudha Puri. Looking on are Rtn. A.K. Puri and PE Deepak Sood



Mr. Hooja, PE Rtn. Deepak Sood and Secretary Rtn. A.K. Puri present punctuality award to Rtn. Arjan Singh

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## Rotary gets ready to explore Lisbon

Source: <http://www.riconvention.org/en/2013/Pages/ridefault.aspx>

Rotarians from around the world gather each year to exchange great ideas, connect with old and new friends, have fun, and advance the work of Rotary. The 2013 RI Convention will take place in Lisbon, Portugal, 23-26 June.

From the bustling House of Friendship to breakout sessions to pre-convention meetings, the RI Convention is your way to connect with the family of Rotary.

Lisbon, an explorer's paradise is the second-oldest European capital after Athens, the city was once home to great explorers like Vasco da Gama, Magellan, and Prince Henry the Navigator. At its peak, the city served as capital to an empire spanning several continents, from South America to Asia. That traditional of exploration is now captured in world-class museums and monuments, including the stunning Monument to the

Discoveries.

Lisbon is also unique among European capitals. Located on the edge of the continent, it developed its own strong artistic heritage. Spared much of the devastation of World War II by the country's neutrality, the city has not undergone the massive post-war renovation typical in other European capitals. Many of its neighborhoods maintain a charmingly antiquated and medieval appearance.

The city is built on seven hills, each with a different personality. A tram ride to the top offers visitors breathtaking viewpoints. The mild, mostly sunny climate, makes the days seem longer, making it perfect for exploring. Experience the city's genuine and multifaceted neighborhoods, and become fascinated by an eclectic mix of sights and sounds.

### Report on Microloans

This week we have released two loans. One loan of Rs.30000/- has been given to Mukesh Singh Ranger of Village Kishangarh for purchasing stock of mobile phones for his shop.

The second loan of Rs. 30000/- has been given to Mrs Poonam Choudhary of sector-41, Chandigarh. She is in the business of Medical transcription from home. She will purchase laptop and

carry on business along with her husband.

Rtn. Arjan Singh said, "With these two loans we have in this Rotary year given a total of Rs.7.93 lakhs in loans. Twenty eight borrowers have received loans ranging from Rs. 8000 to Rs. 30000/-. So far we have loaned a sum of Rs.16.21 lakhs to 66 persons since the inception of this programme."

### Leadership Academy

Three members of Rotary Club Chandigarh Midtown; President Elect Rtn. Deepak Sood, PP Rtn. Vinod K. Jawa and Rtn. Salil Bali attended on 24-26 May 2013 residential

workshop on Leadership, communication, yoga, meditation, team work and many more self development skills.

There were Rotarians from other clubs, that is, Haridwar, Dehradun, Chandigarh, Panipat, Roopnagar, Rishikesh etc.



The trainers were expert in their respective fields and gave training with full energy. One to one, group sessions, team building through games, yoga in the morning, cultural activities, sharing thoughts on different topics, meditation, time management, time matrix, delivering skills, achievements, happiness, transformation, purpose of education, motivation etc. were some of the topics which were covered during this workshop.

The administrative body of the academy had made world class arrangements. PDG Major Som Dutt, Dean, PDG Shaju Peter, Associate Dean and PP B.L. Ramsasaria, Administrator of the academy left no stone un-turned in making the program a great success.



Sitting L-R: PE Rtn. Deepak Sood, PP Rtn. Vinod Jawa and Rtn. Salil Bali with PDG Shaju Peter and PP B.L. Ramsasaria

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## President Ritu Singal's Thought on Peace

**Do not bite off more than you can chew**

This maxim needs to be remembered constantly. We often tend to take more responsibilities than we are capable of carrying out. This is done to satisfy our ego. Know your limitations. Why take on additional loads that may create more worries? You cannot gain peace of mind by expanding your external activities.

Reduce your material engagements and spend time in prayer, introspection and meditation. This will reduce those thoughts in your mind that make you restless. Uncluttered mind will produce greater peace of mind.

## Feedback from PP Gurdip Deep

PP Gurdip S. Deep commented, "Mother's day celebrations should have also included sons expressions, and not only daughters."

## Change of Address

Please note the new residential address of Rtn. Sanjay Bhatia: HNo. 630, Sector 33-B, Chandigarh-160020

## PDG Shaju Chief Guest at Club Assembly of Delhi North

Delhi North, the second oldest Rotary Club in New Delhi with a membership of 68 will be celebrating its Golden Jubilee in April 2014.

The club has a tradition of taking the entire club members with their spouses out of the borders of New Delhi for its club assembly every June. President Elect P.L. Soni decided to have his club assembly at Kasauli Resorts on Saturday, May 25, 2013. The Chief Guest was PDG Shaju Peter.

Addressing the members and their spouses Shaju said, "I have no clue as to why a club of the stature of Delhi North with stalwarts like PDG M.L. Agarwal, PDG K K Gupta and PDG Mukesh Arneja chose me to be at the club assembly but I consider it a great honour."

In an interactive session with the members Shaju spoke about the importance of the Club Leadership Plan, Strategic Planning, SWOT analysis etc. in making the club vibrant and forward-looking.



A bouquet of welcome from President Elect P.L. Soni to PDG Shaju Peter



Anahat Kahlon

## Congratulations

Our hearty congratulations to Anahat Kahlon, grand daughter of Rtn. Maj. Gen. A.S. Kahlon, who has scored 95.2% in CBSE, class XII exams.

Anahat had represented our club for the Short Term Youth Exchange Programme to Germany in 2010, and stands selected for the BBA programme at Christ University, Bangalore.

## Acknowledgment with thanks

### TRF Contribution – Rotary Foundation

Secretary Rtn. Ashok Kumar Puri

(For PHF for his grandson Sidharth Puri)

Rtn. Arjan Singh

### Donations for Club Projects:

R'ann Indu & Rtn. Dr. Jawahar Luthra

R'ann Sudha Puri

US\$ 500

US\$ 100

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Rs. 1100/-

## Birthday of Spouses

R'ann Sharda Chandgothia

## Wedding Anniversary

R'ann Preety & PP Rtn. T.S. Anand

R'ann Sudha & Rtn. Ashok K. Puri

R'ann Dr. Joginder & PP Rtn. Pallav Mukherjee

## Punctuality Draw

Won by Rtn. Arjan Singh



June 11

June 08

June 09

June 10

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