

the fact that wheat contains a particular form of starch that is hard to digest, it also contains gluten, a protein that humans have no enzymes to digest.

It's after these experiences of both 'lightening and enlightening' the body that the main components of the workshop began. They were intensive interactions as she talked about the starkly dysfunctional food habits of present day and then espoused on how we could come back to nature and contribute to our own health.

We were infused with food for thought as we woke up to a new food philosophy. What is the food that nature intended us to have? Our evolutionary past and our natural body structure points unerringly towards food that is primarily raw, natural and wholesome: fruits, vegetables, nuts and sprouted seeds - 'living foods' that nourish us living beings.

Evenings were free for us to unwind. And we found the 250 acres of plantation attached to the retreat most ideal for a leisurely trek into nature: all green fields, well-laid out estates, leaf-laden tracks and birds and bees - ideal time to either bond with your inner self or bond with your fellow walker. Dinner was served at 7:30 pm and would be again on the open lawns under a full moon or a starry sky. The fare would be an interesting variation on what you had for lunch.

Dr Venkat had brought along her own nutritionist and cook to the workshop who demonstrated quite skilfully how natural and wholesome food can also be palatable. Her parting gifts were a recipe book and a booklet on this enlivening philosophy. Her intangible gifts to us, however, were of enduring value.

akbersait@yahoo.co.uk

Powerful healing

BY CHITRA JHA

When I first came to know about 'Love yourself - Heal your life' workshop being conducted by Life Positive Foundation at Sevagram, I was immediately drawn to the concept. I have been a Louise Hay admirer for the past couple of years and follow all the advices mentioned in her books. Her philosophy completely resonates with mine. So the decision to attend the workshop didn't take much thought. Now looking back, I realise that it was one of the most important decisions of my life. It has brought in a new perspective and clarity of thought to me.

My first glimpse of Sampoorna, the workshop leader, was against the beautiful morning sun of Aarogyadham. She stood out amongst the group of women. Her tall, slim silhouette and gentle face

चाहिए पॉजिटिव लाइफ? पढ़िए लाइफ पॉजिटिव!

वैकल्पिक चिकित्सा, अध्यात्म, मनोविज्ञान सकारात्मक चिंतन, साहित्य और ध्यान

एक झलक अप्रैल अंक की

विशेष मूल्य
15
रुपये

मुख्य पस्तुति : कर्म का पूर्ण न्याय

गुरुवाणी : मां की भवत

अंक विशेष : रोजमर्रा के हीरो

साक्षात्कार : हर चीज़ की कीमत चुकानी पड़ती है

**आपका जीवन होता है कुछ नया,
कुछ खास जब लाइफ पॉजिटिव होता है आपके पास**

आज ही नजदीकी बुक स्टॉल से लाइफ पॉजिटिव हिंदी घर लेकर आए। या फिर हमसे कहें, हमारा पता है:

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संयोजक: नुरशीत रिफ, टेलीमार्केटिंग कार्यकारी: अनिता सन्डेल : 011.26902019, ई मेल: wecare@lifepositive.net

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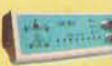
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*** Dr. Thornton Streeter :**
Founder Director of the Centre for Biofield Sciences UK and India.



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World Peace Centre

MIT College, 124 Paud Rd, Kothrud,
Pune - 411 038, India, Tel: +91(0)20 254 58748

For Marketing & Technical Support

Streeter Biofield Sciences,

31 January Road, Cortim, Panjim, Goa.
Tel: +91(0)83 224 27691, Cell : +91 9325523334

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Sampoorna and the participants, along with the Arogyadham staff, exude the joy of life

brought a smile on my lips. On close quarters she exuded peace and serenity. She seemed to be the perfect person to teach Louise Hay's work. That first meeting was the beginning of a beautiful process.

The workshop was completely experiential. No discourses, no left-brained intellectualisation of spirituality, no mumbo-jumbo either. It was just an inner journey into our beliefs, fears, and doubts.

By the end of the first session people opened up, and by the end of the sixth day, a lot of release had happened. Each one was unfolding at their own pace: smiling, crying, laughing, contemplating, or spreading love and cheer. I did all those things that I don't normally get to do. I hugged everyone, every time I met them. I sang incessantly. I even had a bicycle ride, sitting pillion on Sevagram roads. It was an incredible experience.

Besides many exercises on anger release, forgiveness, and writing a new life story, we took morning and evening walks, watched birds, meditated under the blue sky, and bonded with some locals. We deleted the word 'should' from our mental dictionaries and professed love to ourselves, looking deep into our eyes during the session called 'mirror work'. We integrated all our inner personalities, and we enacted a role play. All this was powerful healing work, besides being loads of fun.

At the end of it when we sat down to share our insights – beautiful, heart-touching stories emerged. I wasn't the only one transformed, there were many such stories. I spoke with Professor Subramaniam who had come from Tirupati and this is what he had to say, "My spirits have been rejuvenated, and my energy batteries recharged. I have come to terms with my children's decision to live in USA. The workshop was a wonderful and amazing experience."

Anup Vishnu Bagla from Bharatpur feels that the workshop has made him focus on the present. He feels more confident in communicating his feelings to others.

Captain S S Sherawat from New Delhi shares, "Ever since my retirement, I was dragging my feet. Now I am ready to embark on a new venture. I used to suffer from chronic fatigue, now I feel energetic and enthusiastic. My new life story is unfolding, and I am very happy about it."

When I hear these stories I feel like hugging Super Sampoorna (as we nicknamed her!) for all that her quiet, non-judgmental, loving approach brought out in each one of us. Now it is for us to internalise and bring all these truths into our daily practice. Like they say, you never stop growing until you die.

So three cheers to Louise Hay, three cheers to Sampoorna, and three cheers to Life Positive Foundation!

Contact: chitrajhaa@gmail.com