

From clay moulds to crystal healing to Indian flower therapy, alternative therapies seem to be the order of the day. *PT* explores

Cure for sure



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If a therapy means playing with clay and getting cured, it's nothing less than magical. Many Puneites are dumping the medical approach to treating maladies and opting for esoteric therapies (also called alternative therapies). Past life regression, DNA activation, drum circles, clay moulds, crystal healing, Indian flower therapy are now being touted as effective ways of gaining body mind equilibrium.

These forms of healing have found many votaries among students, homemakers, and people facing rejection in life. They are said to effectively eliminate deep-seated problems like unresolved emotions, phobias, complexes.

Among other therapies which Dr B Kavita, a naturopath, conducts is 'clay and play' therapy which aims at channelising the negative energies. In this

method, the participants are handed out a dough of clay and after a guided meditation, they are asked to mould it into any shape which comes to their minds. Kavita explains, "The clay structures that emerge have strong significance to one's emotions. The participants are counselled accordingly. Later they are asked to break the mould and build fresh ones, which usually turn out to be beautiful and artistic forms." They feel much lighter and positive after the whole process, she adds.

Some of the therapies are in the form of group activities. Drum circles is one of them. In this session, a group of people go round in circles playing the drum, quite similar to the ancients who went romping round

the fire as a part of their daily ritual. Sheetal Sanghvi, founder of Urban Ashram where this activity is conducted, says, "Drumming is a great way of emptying yourself and has deep psychological benefits. The people conducting this

session are psychologists and they bring their psychology background into these sessions." The activity also promotes a sense of belonging and togetherness and is therefore also conducted for corporates, he adds.

Past life regression is said to be one of the effective ways of eradicating certain phobias. Priyanka P Gode, a subject matter expert, who was regressed into her past life, says, "I came to know the purpose of my present life, I am born to learn the virtue of patience. The experience was incredible and after getting regressed I am feeling much more positive, spiritually focused and calm." Stressful lifestyles are also causing people to regress into past lives and alter their habits. Pranav, a software engineer, says, "I regressed to several lifetimes back in time, to help resolve phobias and obsessive habits like smoking and drinking."

Another form of healing which is getting quite popular is DNA activation. Ishdeep Sahni, a holistic healer, says, "It's a process of opening up to the higher energies by making subjects receptive to higher understanding. The individual makes a conscious transition from one way of life to another which is more appropriate for now." The different alternate

therapies for individuals are intuitively decided and most of the sessions are one-to-one, he adds.

A pill-popping generation that looks to medication for every ailment can definitely benefit out of these alternative therapies. That is possible, says a happy minority of... the present generation!

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JOURNEY INWARDS: Esoteric therapies are helping many overcome their phobias and complexes