



Merahki®

H O L I S T I C W E L L N E S S

FOUNDED BY DR. NIDHI BAJAJ GUPTA

Touching, Healing and Inspiring... One life at a time to eternity.



ABOUT DR NIDHI BAJAJ GUPTA

- Dr Nidhi Bajaj Gupta is a globally acclaimed holistic wellness and life and leadership coach, award winning edu-preuner and inspiring speaker. She is the co-founder@ miraaya holistic growth centre and the founder@ Merahki holistic wellness company. She has won many national and international awards and recognition for her awe inspiring work as a doctor as well as an edu-preuner. She has done several unique and innovative fitness and education related workshops in cities like Mumbai, Bangalore, Pune, Chennai, New York, Singapore, Dubai and Bali. She is known for her compassion to heal and passion to give her best at her work. Her USP is combining Eastern and Western natural healing ways. She has helped many patients across the globe to be cured of diseases through natural healing ways where surgery was the only option given by many other doctors. She also conducts popular workshops for men, women and corporate and also online wellness workshops to help them achieve better work efficiency by achieving better fitness.
- She was recently selected as the top 50 inspiring women entrepreneur by a popular UK based company called WeAreTheCity. She has been invited by popular radio and news channel to inspire young minds and in 2017 she was invited as the youngest speaker for a World Spiritual Confluence.
- She has co-authored a book called 'One woman, Two advanced cancers, Conquered' along with her sister Ms Megha Bajaj which is a book on how faith, the right nutrition and self belief has helped their mother to conquer two advanced stage cancers-breast cancer and brain cancer.



TESTIMONIALS...

'I had been suffering from acidity since 40 years. I visited many doctors and took tablets but nothing seemed to help me. I was not able to sleep at night due to acid reflux. On my friend's recommendation I went to Dr Nidhi and with her natural ways of healing within a few sessions my acidity has almost gone away. I am able to sleep better and also exercise better. I feel younger at 76 then I ever felt earlier. Thanks regards, Ms Mumtaz Sulaiman



TESTIMONIALS...

'I had severe back pain and MRI showed slipped disc at multiple levels. I was advised surgery by two doctors. I was not willing to undergo surgery and was looking for alternate healing. Through my cousin brother I met Dr Nidhi and within 3 months of physiotherapy combined with yoga and meditation I got completely cured. I recently traveled to the US, did surfing there and had not pain at all. I feel our body has its own natural healing mechanism and Dr Nidhi has helped me to tap into it. Regards, Samuel'

MEDITATION (SILENCE)

Meditation is something that I feel just can't be described in words as the higher can just not be described by the lower. The higher has to be experienced. Yet since right now words are what I have I will make a humble attempt to describe meditation and its benefits. For me everything that I have learnt or experienced about meditation is from my Guru **Mahatria**. I can't reproduce his wisdom and words but can share my understanding about it.

*In prayer we communicate with God. In
Silence we are in communion with God*

-Mahatria



WHY MEDITATION?

We all are made of five personalities-physical, mental, emotional, intellectual and spiritual. When we were in the womb of our mother it was the physical presence and spiritual energy that were in absolute unison with each other. As we were born we somewhere felt separated from our source. In fact it is said spiritually the first cry that happens after birth in a baby is because of the pain of separation. As we start coming in contact with the world the mind, emotions and intellect all starts functioning. This somewhere brings a feeling of separation from the spiritual source. Hence the inner crying constantly in a human is to reconnect with the source. Very often we feel that materialistic things will give us this completion-as children we cry for toys and as adults for cars, home, jobs and relationships. The inner crying is actually because we are craving unison with the source. In meditation the mind, emotions and intellect do not exist-somewhere we do not exist-only divinity exists. We are back to the state of being in the womb. It is in this state that a part of the divine qualities get transferred on to us. It is in this state the deepest healing happens. It is in this state the very inner chemistry of our being changes and we experience a state of inner bliss and harmony untouched by any external circumstance.

HOW TO MEDITATE?

- Mahatria explains it in a very simple way: at any given time our mind is like a monkey-it jumps from one thought to the other. It is like having multiple projectors in our mind. For meditation to happen we first have to bring these multiple projectors to one which is our responsibility and then one to none is God's responsibility.
- There are various ways to bring our thoughts from many to one. In the olden days people used to do various chants ('japams'), count the rosary beads or walk around the temple ('pradakshina') to help the mind start focusing on one thing. There are various other ways like focusing on a candle flame, concentrating on our breath, dancing, listening to music or certain Sufi techniques that can help achieve this. Each one connects to a different technique so it does not matter what technique we use. What is important is to consistently make efforts towards bringing our mind from many to one. Even after doing any dynamic activity like dance, run or yoga it is important to just sit in non-doing for some time.



The single greatest cause
to most of the issues
of modern man is that
**'Meditation has left him and
he has left meditation'.**

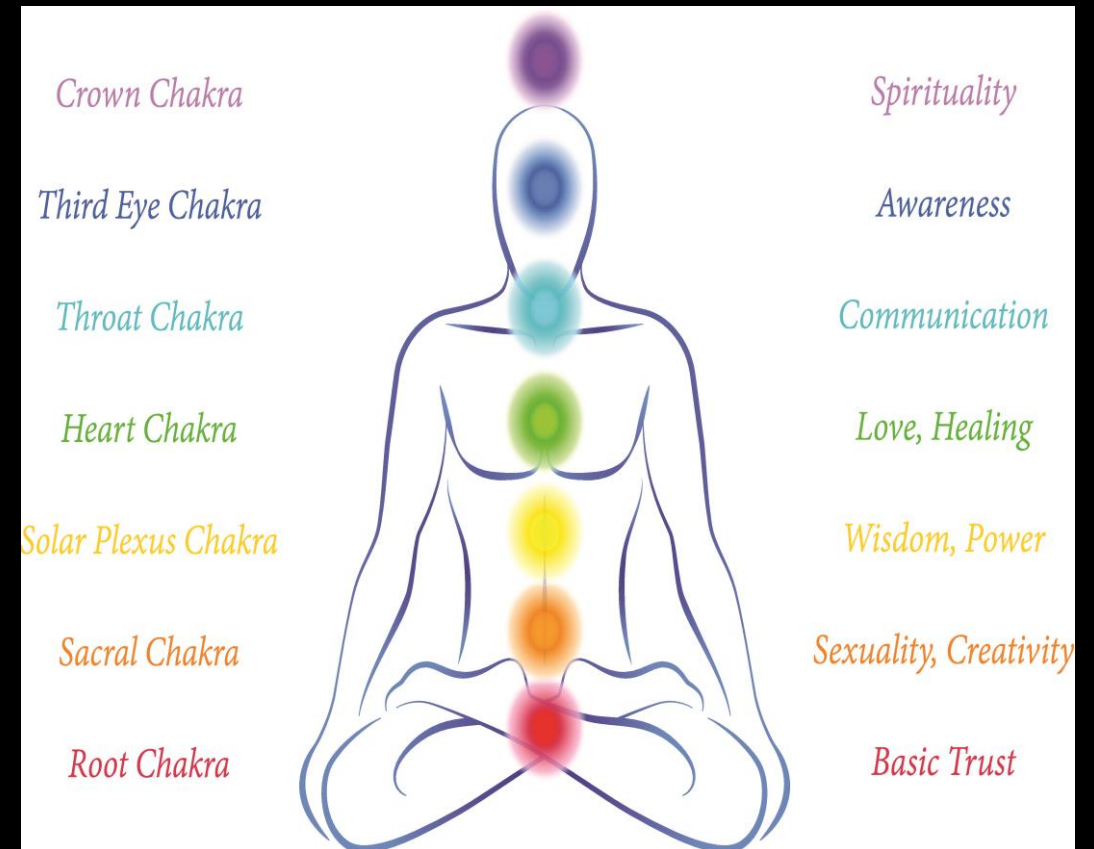
mahatria

Initially you may feel that more thoughts are coming-it just that you are becoming aware of your thoughts now hence you are feeling a chaos. At times sitting in non-doing brings up lot of memories and emotions from the past. As **Mahatria** says if there is a dead rat in the house spraying perfume over it constantly will not help in the long run-the rat has to be caught by its tail and thrown out of the house. When a bottle is dirty from inside no matter how much we clean from the outside the bottle still remains dirty. It is only when we take the efforts to clean the bottle from the inside the bottle will get cleansed. Similarly sitting in non doing will bring up disturbances-you have to just become an observer and without any resistance just allow those thoughts and emotions to come and go.

As you repeatedly practice non-doing you will start feeling more peaceful and the traffic of thoughts will reduce. There will be those glimpses when many becomes one and one become none. As written earlier many to one is man's responsibility and one to none is God's responsibility.

CHAKRA MEDITATION

- I use chakra meditation very often in holistic healing for people affected with cancer, other ailments and also as a tool towards better health. I have seen excellent benefits.
- When all the chakras are working in harmony in us we are physically fitter, mentally stronger, emotionally more well balanced and spiritually aligned. It helps us to unearth our inner potentials to a greater level and express more confidently and freely. It also helps us to develop better immunity towards diseases like cancer, diabetes, arthritis, lung issues or any muscular issues. Following is a basic diagram of the chakras with the colours and quality that each chakra represents.



- **Root chakra (Muladhara):** This chakra is located at the base of the spine at the perineum region, the spot between the genitals and the anus. This chakra is associated with basic aspects of human survival. It represents our foundation and enables us to feel rooted.
- **To balance this chakra:** Stand barefoot, feet firmly on the ground and visualize yourself as a tree. Imagine a red colour ball near your trunk. Your roots are deep and broad, giving you support in any kind of weather. Look around you but do not turn your head. Stretch your arms outward and upward, feeling the air. Please chant the sound 'LAM' to stimulate this chakra.
- **This chakra can also be stimulated in sitting.** Sit cross legged with spine erect if possible. If not then be in any comfortable position. Imagine a red colour ball at the base of the spine and chant the sound 'LAM'
- **Sacral chakra (Svadhistana):** This chakra is located in the lower abdomen, around 2 inches below the naval. This chakra helps us in our connection to the world and in accepting new people and things in our lives. When this is well balance the person is emotionally well balanced, open to the world around them and has a zest for life.
- **To balance this chakra:** Imagine you are still a tree. Put your hands on your lower belly, imagine there is an orange ball in your lower belly and sway your body gently as on a windy day, feeling your 'roots' anchor you in the 'soil'. Imagine rain quenching your thirst; imagine birds landing on you and nesting on you and imagine people and animals walking by. Savor the life within you and around you.
- **This chakra can also be stimulated in sitting.** Sit cross legged with spine erect if possible. If not then be in any comfortable position. Imagine an orange colour ball in the lower abdomen and chant the sound 'VAM'
- **Solar plexus chakra (Manipura):** This chakra is located behind the naval or the solar plexus. This chakra helps us to feel confident and in control of our lives. It is the centre of personal power and will.
- **To balance this chakra:** Imagine you are still a tree. Put your hands over your belly button and imagine the light and the heat from the yellow sun warm you all the way through. Imagine a yellow colour ball in your belly now. Imagine your branches growing and your leaves soaking up the sun, giving you energy while at the same time providing shade to people, animals and smaller plants.
- **This chakra can also be stimulated in sitting.** Sit cross legged with spine erect if possible. If not then be in any comfortable position. Imagine a yellow colour ball at the naval area and chant the sound 'RAM'

- Heart chakra (Anahata): This chakra is located at the centre of the chest. This chakra helps us to feel love, joy and inner peace. It is the focal point for compassion.
- To balance the chakra: Sit down crossed leg with spine erect if possible. If not then be in any comfortable position. Place your hands over your heart, and imagine a beautiful green flower blooming in your heart – starting with a tiny bud, all the way to its full and glorious bloom. Imagine the fragrance of this flower, and how people appreciate it. Offer them your beauty and fragrance, just for the joy of doing so. Also imagine love energy from the universe entering this chakra and making you feel deeply loved. Please chant ‘YAM’.
- Throat chakra (Visuddhi): This chakra is located at the spine directly behind the throat. This chakra helps us to express ourselves, communicate to the world outside and also enhances our creativity.
- To balance this chakra: Still sitting, place your fingers on your throat, imagine a blue colour flower in your throat and hum. Feel the vibration. Imagine yourself sitting on a mountaintop, singing at the top of your lungs, for the whole world to hear. Imagine everybody enjoying your special song. Please chant ‘HUM’.
- Third eye chakra (Ajna): This chakra is located behind the root of the nose. This chakra helps us to see the larger picture, be intuitive and make decisions. It helps our understanding of the subtle forces at play in any situation.
- To balance this chakra: Stand up and be a tree again. Place your hands on your forehead and imagine a dark blue ball inside your forehead. Imagine your favorite place where you would like to be ‘planted’ as a tree. Take in all of the sights, sounds, smells, etc. around you – the temperature, any living things moving around, sun, moon, stars, weather... look closely at the tiny things around you as well as looking as far as you can on the horizon.

https://youtu.be/s_dxJ2Kbqal



Wishing you,
Most and more,
Of Health,
Wealth,
Peace,
Bliss,
And
Love.
Thank you!