



LISTEN TO THE UNIVERSE

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What is the purpose of my life?

This is one of the questions that many of us often think about - What is the purpose of my life? What am I doing here... on Earth? Is this all that life consists of - working, eating, sleeping, watching television, doing my duties? Or is there something more? When watching a daily soap, we flip channels and come across one of the spiritual series like Sai Baba or Ramayana and we think - "Is this real? Did it really happen? Is it History or Mythology? And what about the serene expression on their face? Is it really possible for any living being to feel such inner peace, or is it just a show? Sai Baba seems to have the answer to everything - he can tell if an individual is unwell, he knows when someone is telling the truth, he often seems to know many things about an individual's life without being told. He is able to give exactly the right guidance needed by the person who comes to him for help." And we wonder - "Is this magic? Mind-reading? Hypnosis? What is it?" We may feel that only great saints can accomplish such feats. Our mind is constantly working, full of questions, full of thoughts, full of worries. We are looking for answers every minute of every day.

It is true that Saints are Spiritually evolved individuals who come to help us in our time of need. They have the ability to guide us not only on our spiritual path, but also in our day to day life and relationships. Some of us are blessed to have a Guru in our life to guide us. But many of us have not yet met someone to look up to or someone who we can trust with our life.

Whether we have found a Guru or not, there is good news for all of us. Today, due to the spiritual growth of our whole planet, we live in a New Age, a world where the veil between this world and the higher realms is very thin. In this New Age, it is easy for any individual to access the information of the Universe and get the answers to each and every question he has. The Universe is constantly communicating with us. We just need to become AWARE.



Each and every one of us has the ability to receive answers and messages from the Universe. At times we may hear a small voice within us that tells us what we should or should not do. We call this the voice of our conscience. Sometimes we listen to it and do

what it says. At other times, we brush it aside, saying that it is just my mind playing tricks on me. Believe it or not, each of us is born with a psychic sense, an intuition that tries to make us listen to it.

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Those who are able to get these messages are known as Psychics or Clairvoyants. However, this is a general term that does not actually explain anything. Every individual is born with the ability to receive messages from the Universe or from their Higher Self. Every individual has atleast one Clair that is active within them. But what are Clairs, we may ask. Clairs are the different ways in which we can receive Spiritual Guidance. There are 4 ways or a combination of 4 ways in which we can perceive.



Clairvoyance - There are times when we can see more clearly than others. We see things with our physical eyes, meaning that we are more aware than others, we notice everything that happens easily. Or we see things with our Third Eye - our Ajna Chakra located between our eyebrows. With our third eye, we can see angels and spiritual guides when they are present around us. We can see them in the form of energy, colors, flashes of light or in our dreams.

If you are Clairvoyant, you are a highly visual person and are likely to notice how other people, places and even meals look before you notice any other aspect. You are probably artistic and creative. Visual harmony is important to you, and you enjoy decorating your house with beautiful artefacts. You may see something out of the corner of your eyes. You have a good mental vision for maps, or even how clothes and interiors will look when ready, and you are confident of your decisions to act on these instincts.

Clairaudience - Clairaudience is the gift to be able to hear. We can hear messages from our angels or masters when we ask a question, or sometimes even without asking any question. There are times when we may hear a song, music or bell chimes when no one else can. Such sounds are an indication of the presence of angels around us.

If you are Clairaudient, you are most probably very sensitive to noise and the first one to cringe at loud or unpleasant sounds. You can remember song melodies in a photographic way. You prefer soft melodies on your alarm clock and soft instrumental music to loud, rock or heavy metal. Your angels can speak to you through words that you may hear either inside or outside your mind. You may hear your name being called, a buzzing in your ear or even feel like your ear has gone numb. You are unable to sleep or relax outside your environment. It is advisable for you to use noise cancelling earplugs when travelling.

Claircognizance - Claircognizance means knowingness. Some of us have access to information and a sense of knowingness about certain things and issues without knowing how we know. This gift implies that when we receive a message from the Universe, we just know it, its as though a thought about that particular matter suddenly comes to mind. Its like having an "Aha" moment. An inspired idea, something that we had never given any thought to before. And we would know without any doubt that it is the absolute truth.

If you are Claircognizant, you are an intellectual who receives direct communication through ideas and revelations. You often know facts without having heard or read anything about the subject before. You may not be comfortable with small talk and prefer deeper and more profound discussions. Or you may choose to stay quiet rather than indulge in social talk. You may feel uneasy around people, except in one-on-one situations, and you often instinctively know exactly what the other person needs to hear. You also how to heal an individual or a situation. You are able to mentally ask for guidance and receive it as thoughts and instructions that just appear in your mind.

Clairsentience - Sometimes we can feel things more than we are able to see or hear. This gift enables us to feel Divine energy around us. Clairsentients feel a lot more emotionally than other normal individuals.

If you are Clairsentient, you interact with the world through your physical and emotional feelings. You are highly sensitive and may have difficulty dealing with crowds. You come to know exactly what an individual is feeling without being told. You are compassionate and often unknowingly pick up on any pain being felt by an individual in your surroundings. You experience emotions that may be overwhelming for you, and you may find yourself turning to food or other addictions to find comfort and to deal with this. You may want to help others and may become a professional healer or form relationships with people who need your help.

Meditation to know what your active Clair is

Sit in a comfortable position and close your eyes.

Make sure that your back is straight and your body relaxed.

Take a few deep breaths and focus your attention on your Ajna (Third Eye) Chakra.

Call upon the Divine energy or the Angels or the Masters and request them mentally.

"I wish to connect with you, please show me my gift and how you wish to connect with me. Send me a message that I need to know right now."

Stay focused on your Ajna (Third Eye) Chakra for some time. Become aware of anything you are feeling at that moment.

You may get some specific vision (Clairvoyance), or you may hear a whisper in your ear (Clairaudience). Are you feeling an emotion (Clairsentience), or are you getting some information or message as if you know it already (Claircognizance)

Write down anything that happens and also write the message, vision, information, feelings that come to you as clearly as possible for future reference.

If you are new to this you may not be able to get an answer immediately. Try it out a few times and you will be able to determine which is your primary clair. You may even be gifted with two or more clairs.

Always remember - Universal energy is available to everyone who wishes to access it. Divine energy Beings like our Guides and Angels are always around us, ready to help us and answer our questions. We just need to trust in our intuition. To be able to access these hidden talents, we need to find that deep reservoir of peace and happiness within us which is our true nature. Being connected to our Higher Self can accelerate our intuitive abilities. At times we may need some help to find this Core of our being before we can truly connect to our intuitive self. Learning and practicing an energy healing system like BrahmaSatya, connecting with your angels through a Healing with Angels course, working with Crystals or Empowering your Goals with Huna Healing (A Hawaiian Healing system) can all be helpful in activating your hidden gifts. And if you still need additional help then an Aura Scan, Numerology or an Akashic Record Reading can go a long way in answering some of your questions.

Sherina Tanwani is an authorized System BrahmaSatya trainer and healer since the year 2001. She conducts various workshops:

- Brahma Satya Energy Healing - Level 1, 2 & 3
- Reiki - Level 1 & 2
- Magnified Healing
- Crystal Chakras
- Goal Empowerment with Art & Huna Healing
- Chakra Meditation
- NaadBrahma Meditation
- Numerology

Services offered:

- Aura Scan & Analysis
- Aura Cleansing with energy
- Aura Cleansing & Chakra Balancing with Crystals
- Numerology Report
- Angel Therapy
- Crystal Grid to resolve all personal & environmental issues
- Clearing of space - house / office
- Akashic Record Reading
- Healing Paintings