



Yogini Murdeshwar

is the proprietor of *Divya-Aakriti: Healing through art*, an organisation that aims to help people rise above their regressive patterns and eventually get them to reach to the God within.

Paintings that heal

Art created in a meditative state has the power to cleanse your *chakras* and restore health



Healing through art includes high-energy paintings created in a state similar to that of meditation. They act on the energy body of the person, thereby cleansing, unblocking and energising the *chakras*.

This has a calming effect on the person. It also helps reversing the process of destructive, negative emotions and, subsequently, reversing the regressive thought and behavioural patterns of the person. Healing through art brings about a shift in the consciousness of the person, enabling the person to have a broader perspective over life situations.

DURGA – FOR AWAKENING THE STRENGTH WITHIN:

For a woman handling her home and career and trying to achieve the perfect balance by doing her deeds, of pleasure and appreciation for her hard work and efforts.



The third chakra of the energy system is termed as the Solar chakra and is located in the region of the solar plexus. It relates to the element Fire, rules over metabolism and is responsible for light, warmth, energy and power in our lives. Problems such as diabetes, hypoglycaemia and stomach ulcers relate to this centre.



This is a **GODDESS YANTRA**, which depicts the energies of the seven Goddesses: **MAHALAXMI** – brings fortune and prosperity, the ability to utilize resources for welfare of humanity; **PARVATI** – is the mother and nurturer of the universe; **SARASWATI** – spreads wisdom, and encourages the creative arts; **DURGA** – vanquishes all evil; **TRIPUR SUNDARI** – enhances beauty and eternal youth; **GAYATRI** – spreads light and intelligence; **ANNAPURNA** – ensures abundance of food.



GODDESS MOTHER – FOR COMPASSION AND MERCY: This artwork was created for an individual who had witnessed the traumatic suicide of his mother and grew up to continue experiencing the grief and confusion regarding her act.

Working model

It is important to note that paintings by themselves do not create miracles. They serve as visual tools or as symbolic compositions of powerful energy patterns or positive thought patterns. These paintings help withdraw consciousness from the outer world and direct it to the inner world of the self. This helps the individual to stretch beyond the normal framework of the mind to a higher state of consciousness—which increases silence and tranquility—making it easier to attain answers and solutions.

The painting will have the same effect on any person as it acts on the same chakras and auras of people. How people respond and react to it depends on their level of faith, intention, sincerity and determination to make a change in their life. Overall, the paintings always have a positive effect.

Process involved

There are three parts to the process.

In the first part, a channelled reading is done for the person based on the name. This involves obtaining information about the person in a state of meditation without having access to any details about the person.

In the second part, the reading is discussed with the individual and then a painting is made in a meditative state for the person.

In the third part, there is counselling that takes place once the person starts meditating on the custom-made artwork.

Healing is simply a process of attaining a state of equilibrium where we are in balance and harmony, irrespec-

tive of the situation around us. Hence, there is no fixed time limit to the process. Like I have mentioned earlier, a lot depends on intention, faith and determination to bring about a change in attitudes and life.

Recovery explained

These paintings can help people suffering from mental or physical ailments. If the person is on medication, it is advised that he continues with the normal course, but also meditates on the painting, which will alter his mental status, enabling faster recovery. It is also helpful for people who want to bring about positive changes in their relationships, professional attitude, perspective towards wealth and other issues, which prevent people from expressing their highest potential.

The benefit of this therapy is that, through meditation, the person will start acknowledging his regressive or negative habits and make a conscious effort to rise above the same. Becoming aware of the shortcomings and learning to transform them into positive attributes will enable us to slowly reach to the God residing within us.

Hence, in the long term, the person will have the ability to answer his own questions, overcome his fears, and rise above his insecurities depending on his own strength and wisdom.

There are no side-effects to this therapy. In fact, how can there be a side-effect when you start your journey inwards to seek the God within you?

Note: This therapy is a natural ability that is god-gifted to me. You can neither learn nor teach it; it simply has to come from within.

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