

# Heal Your Home

There's more to Kirron Kher than her flawless performances and her tasteful collection of saris. To let you in on an inside secret, Kirron is also considered the film industry's unofficial, resident 'Chhota Pandit'. "No, no, please, I'm no pandit!" she protests with a laugh. "I don't even know how to read a kundali!" Yet it's no secret that Kirron is self-confessedly "intrigued by the mysteries of life and fascinated by occult sciences like palmistry, astrology, tarot and such like." Naturally she has developed a strong affinity towards seekers of the truth in these mystical realms, whom she invariably recommends to troubled folk who approach her for help. And as for her unofficial designation, perhaps 'Chhota Guide' would be nearer the truth!

Here she introduces this eclectic expert to **CINE BLITZ** readers, as **GUEST EDITOR** of the **Astro Blitz** section. The subject of her focus is noted 'house-doctor' Neeta Sinha, who specialises in healing homes...

**Kirron: Much has been said about the 'science' of a house. Could you please elaborate?**

**Neeta:** After studying astrology for seven years, I arrived at the conclusion that **EVERY HOUSE HAS A HOROSCOPE**. The health and harmony of a house depends on several factors regarding the house, such as the legal owner of the house, the name of the house and other details based on



PH: GANTAM PANDITHARISHA



These days, it's not the top-notch interior designers who decide what goes where in our swish starry homes. That honour now belongs to noted 'house-doctor', Neeta Sinha. Using a combination of the principles of astrology and Vaastu, Neeta suggests and implements simple remedial changes to ensure that the homes and their inhabitants abound in health, wealth, happiness and harmony.

astrological research. Earlier, my predictions were based on calculative charts but now they are based on intuition. In most people, the power of intuition lies dormant and neglected. Often it's only when I point out a negative corner in a house to a client, that she/he will realise it and agree, saying that even their pet dog avoids that area.

I make a horoscope of the house using the principles of astrology and Vaastu, and list the odd aspects about the house and any ill luck and disharmony existing among its inhabitants. Using various methods that I have fine-tuned over 17 years of practice, I set out to balance the irregularities.

**Kirron: Do you make any structural changes to the house?**

**Neeta:** No, I do not implement any structural changes. Instead, I use other methods, including the use of right colours, green plants and other items, to counter wrong vibrations.

**Kirron: Is it true that plants are among the best aids to invite positive vibes?**

**Neeta:** Yes, plants definitely impart a general feeling of well-being. It's advisable to have lots of plants around the house. Creepers are ideal but I normally recommend placing the broad-leaved money plant in a negative

How our celebs' fortunes changed!  
What's in a name? Neeta claims they can make a world of difference...

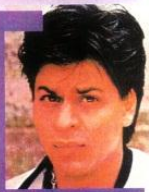
#### Amitabh Bachchan

"The Bachchans stayed in Prateeksha but later shifted to Mansa. Amitji's downslide started soon after that. The name was unfavourable for them. After it was renamed Jaisa, Amitji's days of prosperity returned."



#### Shah Rukh Khan

"I suggested that Shah Rukh Khan name his current bungalow. Since it was important for him to name it with the letter M, he named it Mannat and there were favourable changes in his life."



#### Akshay Kumar

"Akshay Kumar was looking for a new house. I suggested that he buy it in his real name, Rajiv Bhatia. He did that and there was a drastic change in his life both on the personal as well as the professional front."



#### Dimple Kapadia

"Dimple Kapadia's house was beset with problems. Her professional life wasn't great and her personal relationships were under strain. I introduced a monetary rental arrangement between Twinkle and her. Her relationship with her daughter improved thereafter and she received several offers from good banners."



area, placed on a pedestal, with its stem hanging down. A money plant grows from the other end, so it takes the negativity downwards. What's more, the money plant remains alive even in an air-conditioned room and requires low maintenance. Plants are the barometers of negativity. Sometimes, even healthy plants wither and die due to the intense negativity in certain areas.

**Kirron: Does fire, as an element, hold significance in your research?**

**Neeta:** Yes, fire has a lot of importance in the study of Tantra. Which is why one lights a diya or a candle when feeling uneasy, to drive out the unseen spirits that may be in the house. Very often clients come to me suffering from a strong sense of fear in the house. I recommend lighting a diya from sunset till bedtime.

**Kirron: What about the other component of fire – light?**

**Neeta:** The sun is the best and natural source of light for the house. Sunlight has all the seven natural colours. When selecting a house, see that the house is well lit and that sunrays enter at least some areas of the house.

**Kirron: Sound vibes are said to bring in positive vibes. Do you agree?**

**Neeta:** Yes, sound vibrations are very important, as they dispel the negative elements and invite the good elements into the house. That's where a wind chime comes into the picture. According to Feng Shui there is a T-junction where it should be hung to disperse the negative vibrations emanating from that point. However, I use it differently – I recommend it in positive areas instead. A pleasant sound gives you a good feeling, whether it is the tinkle of a wind chime or the sound of a bell in a temple or church. In the same league comes the recitation of mantras in the house. Anything that gives you serenity, improves concentration and makes you stress-free is good. However, mantras should be properly pronounced. Recitation of prayers creates a feeling of well-being. You may have noticed that all places of worship have a hollow space above, in which the vibrations of prayers and the ringing of bells are stored. It's because of this accumulation of vibrations that one feels very relaxed on entering a place of worship.

**Kirron: The aromatic experience is also stressed upon in your studies. Do fragrances also help?**

**Neeta:** They sure do, because they enhance your senses and anything enhancing the vibrations and thereby giving out positive vibes is good. Fragrances can vary according to the person's taste. Incense sticks are also useful.

**Kirron: Colours are said to add more than just colour to a house...**

**Neeta:** Yes, which is why it's important to use the right colour in the right place. When people approach me asking which colour to use in their rooms, I tell them to go by the taste of the person who will occupy the room. If it's a child's room, go according to what the child wants. Children themselves are very sensitive. When you ask a person which colour he requires, he will automatically choose the colour missing in his body. Just like you take vitamin supplements for inherent deficiencies, the person will instinctively ask for the colour that is lacking in his chart.

There's a link between human energy and universal energy, which I set out to balance. I also recommend a few accessories in red because red has the power to immediately attract and circulate energy. Blue is for meditation; advisable if you're decorating a place of worship. White or yellow bed-sheets are recommended in the bedroom of an elderly person, while ideal colours for a young couple are more vibrant hues of pink, orange or light cream.

**Kirron: Mirrors too are said to play a major role.**

**Neeta:** Mirrors help attract energy but you cannot play around with mirrors – a single mirror can make or break a man's life. A mirror reflects whatever is in front of it and hence should be placed in the positive areas. If you wrongly place mirrors in negative areas, the negativity multiplies. It is a myth though that a mirror should not be placed in front of a bed.

**Kirron: What kind of pictures should one hang on the walls?**

**Neeta:** Happy pictures, which bring a smile to the lips, are ideal. No morose or dull pictures for sure. Also avoid pictures of two ladies in the bedroom, because it could give rise to a second woman in the man's life! A picture of a flowing stream



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is used, as it is symbolic of water energy. Abstract pictures can be put up anywhere. I don't stop people from putting up pictures of their near and dear ones and also of people who are no more because I don't understand how a dead person's picture could be a threat to the harmony of the home.

**Kirron: Apart from individual residence and office research, you have also studied the horoscope of Mumbai city. What are your findings?**

**Neeta:** I started my study with the question as to why South Mumbai prospers greatly even though its positioning is against Vaastu. Five star hotels like the Taj and Oberoi have their entrance from the South East area, which is also very much against Vaastu. Also South Mumbai and West Mumbai are the most prosperous while the East and North Mumbai are not, even though South and West are considered negative in Vaastu. Fact is all this was true while our city was called Bombay. The name made a vast difference.

In the renamed city of Mumbai, things have changed drastically. Nariman Point was the hubbub of all business activity then, but now the commercial centre has shifted to Bandra and Andheri. Similarly, earlier Bollywood signified Bombay and its films but now you see films from Kolkata and Chennai going international. Films are blowing in from all directions and Bollywood, like Mumbai, is losing its grace.

## Do's

If you are happy in a house or have been staying there for a long time, add a red door mat to enhance the principle source of energy.

A simple clock can be placed anywhere. But if it's a revolving clock take care to place it in a positive area since its movement could circulate negative energy.

Television, mobiles, and all electronic gadgets play havoc with the vibrations as they give out negative vibes. Counter the ill effects by placing a green healthy plant beside it.

## Don'ts

Don't leave the bathroom or toilet door open since it gives a bad feeling and thereby creates negative energy.

Avoid having your seating arrangement or your study table under a ceiling beam since it is symbolic of 'load' and can give you a feeling of being burdened. If it can't be helped then fabricate a false ceiling of plaster of Paris or wood under the beam, leaving a gap of at least one or two inches so that vibrations accumulate there itself and do not descend.

 Shameem

## TALL & TOTAL HEIGHT

upto 35 with Award Honoured HERBO-HEIGHT-THERAPY



Dr. Q. P. Bagga

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### 1 NEW FOCUS OF HEIGHT-GROWTH :

MATTER of Height is suffering in that there are no other known as 'No growth No surgery No medicine after natural stop and bone-fusion. If these medical findings are true to its spirit, height could not increase further but it is possible. This new speaks that a portion of height enters into it is dominant state in our system under deficiencies of promotional values and that is exploitable further in continuation of the existing height under natural process any time upto 35 years free from age-bar, height-bar, ratio-bar, marriage-bar, issue-bar but not the capacity-bar faster than the average growth ratio as it is due height with natural-aid and energy of Herbo-Height Therapy under new focus of height growth.

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OUR genetic also suffers under changing nutritional & promotional values person to person even if the same family such as youngsters grow tall, elders remain short, parents tall, children short, children tall parents short. So under our natural process of height growth is uncertain. It requires the short cut process to obtain the due capacity after height stop and to gain the tall and total height. It needs to lead it before puberty at around 7-8-9 years so that height may not turn slow-slowly-stop earlier than the proper maturity. As Herbo-Height-Therapy is a natural height and health tonic to improve tall and total height with pleasing personality.

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HEIGHT at birth and birth-places 50-50+100 centimeters are not countable as it is a basic height of the human body. Normal confidence are not to be divided with ageing years of age. This would be around 2 to 3 cms yearly and 2 to 3 mm monthly. On

the contrary with HHT you would likely to improve by up to 100 mm in 1 year course, 30 to 50 mm in 6-M-Hall-C, 15 to 30 mm in 3-M-Short-C, 5 to 10 mm in 1-M part doses on scale satisfaction faster than an average growth ratio.

### 5 FREE FROM SIDE-EFFECTS :

HHT is a nature base herbal composition free from any medicines side effects. Diet chart, diet restriction, frequent visits, bitter taste in the shape of capsules and drops easy to consume at home.

### 6 BONUS BENEFITS :

This herbal tonic helps to compensate the natural deficiency of Height and Health, Weight and Energy, Mind and Memory or any other underlined portion of male and female body. Shape up and sharpen the Figure and Features, Cuts and Curves in a natural course. Pimples vanish, Complexion improves with pleasing personality.

### 7 PROCEDURE AT OUR CLINIC :

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FURTHER required doses are given explaining its use alongwith printed directions. We also allot the registration number for future reference, consultation and height check.

### 8 SCOPE-DURATION-EXPENSES :

HHT helps to gain 1.5 to 3 cms in 3-M-Short-course. Rs. 6,100, 3 to 5 cms in 6-M-Hall-C. Rs. 12,100, 5 to 10 cms in 1-Yr-C. Rs. 24,100, average 5 mm monthly Rs. 2,100 in India. Faster than the average growth ratio under scale satisfaction. In Foreign: HHT 7,000 \$; Basic 1000 or \$110 for 3-M-Short-C, and add cost for half, full-C including all expense to be sent in favour of Dr. O. P. Bagga, Bazar Lal Kaur (Opp. Koocha Pandit) Delhi-6 (India) Phone: 011-23282425 in DD, MO, Dollar, Euro, BPC, N-Changae, N-VIP, Credit card, 11 to 6 EXCESS SURVIVE.

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