

Healing from the *Heart*

Smita More

A happily married homemaker in Hong Kong, it was only some years ago when I developed a stomach illness that I found my calling in life. After western medicines and other modern-day treatments from all over the world failed to help me, I visited naturopathy centres in India. From there, I met with

a US-based Ayurvedic doctor who helped me recover and learn about energy healing to take care of one's own well-being.

I went on to study Ayurvedic Food & Nutrition in I-Soul and Energy Healing in Service Above Self in Houston Texas. I also underwent intensive training in Ayurveda from

Kerela Ayurveda Academy. I studied pathology, herbalogy medicine making, ayurvedic diet, ayurvedic massage, facial and skincare, ayurvedic cooking and management of disease. I just finished 'marama therapy' which is about pressure points and my studies for certified Ayurvedic Wellness practitioner is ongoing.

Personally, healing children through Ayurveda is closest to my heart because I am able to help them without the use of any western medicine, only with herbal remedies and energy healing. It's not pranik healing or reiki.

Learning is a lifelong journey for me. I started at the age of 45, and today even at 48 I like to keep upgrading myself with new knowledge and discoveries. I am also a certified yoga instructor. My latest certification is in mindfulness-based cognitive theory.

Married for 28 years with three beautiful children and a background in jewelry designing as well as office management, it was rather difficult for me to convince my family about venturing into

the field of holistic wellbeing. They weren't sure if I will be able to help people with energy healing and Ayurveda. But in my heart, I know its my calling. The universe sends people my way who are suffering from chronic illnesses and I help through this knowledge.

Recently, a patient with breast cancer came to me for healing before her surgery. She had great anxiety about undergoing chemotherapy after the surgery. However, I started treating her and at the time of the surgery she was told, there is no trace of cancer, and that she won't be needing chemo at all. Her family sent her reports forward to London and they were told she will never have cancer. It is my prayer to the universe to send me more and more people who I can serve and help from inside out.

I'd like to dedicate this column to my mother Usha Pasari, the more modern woman who's thinking is way ahead of her times. She always told me to follow my heart. I know she was always proud of me. I truly value her presence in my life because she continues to remain my pillar of strength even after she was gone in November this last year. It was only after her cremation that I got to know from her friend that in her last words she mentioned that she is very happy that I am involved in such a noble cause. That is my strength that encourages me to make her proud every day.



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