

Hi Geeta,

Thanks for giving me the opportunity of sharing my '**allergy**' experience with your students.

I am Darshana. Ex Professor K C college, Compere n initiator of a project' Beti tujhe salaam'.

One fine morning, about 4 years ago, I was shocked to see my face in the mirror. It was fully swollen. I was unrecognizable. The next morning, I was to leave for Ahmedabad to attend my nephew's wedding.

I tried all the home remedies- Aloe vera gel, washed my face with Neem leaves, took steam, had food without salt...but it didn't help.

I was feeling extremely itchy around my neck n ears.

I was desperate to see a skin specialist. He told me that the allergy was because of the Henna I applied in my hair. He gave me some tablets to chew and an ointment. It didn't help.

I heard of an allergy specialist who detects your allergy by making you touch several food grains, fruits, veggies, nuts. She told me that, I was highly allergic to almond and pistachio; something I had munched on all my life.

Another skin specialist took a special blood test (pretty costly) and the report read that, I was allergic to almost all the food items, veggies and fruits. Confusion, confusion and more confusion.

Finally, a friend suggested that, I see Geeta.

When i went to her, I didn't know what to expect.

During the therapy and healing sessions, she gave me a list of affirmations that I was supposed speak aloud 4 to 5 times in a day, facing the mirror.

The affirmations that stayed with me are:

My body and mind are in sync with each other.

My body listens to me.

I love my body.

To my utter relief, after a few days, my allergy began to subside...and one fine day, it vanished.

I observed that:

1. there is a strong connection between your body and mind. Mind is the leader, body- a follower.
2. Our body has ears. It listens to us provided our commands are simple, positive and clear.
3. I also realized that when there is a will, there is a way. We have to create that will. For that at times, we need support from an experienced and gentle healer and therapist who can very gently lead you to your destination.
4. Mind is the most powerful weapon. It is mouldable. One must know how to set boundaries and give commands before it starts commanding you.

My allergies have vanished. I do get mild ones sometimes, but I know the reason for getting it. Some food item or a combination of food items that don't get well with each other, create a fuss. I can deal with them now.

Now I don't fear allergies. They are no more the Frankenstein they used to be, out to eat me. Now I try to control the situation in the best possible way, brood less and don't lose my sleep over things which are beyond my control. I don't get hyper. I am calm and peaceful. I know that my 'happy inside' will reflect outside. Tension and stress are the demons that rob you off your peace and tranquillity and beauty!

Cheers!

Darshana