

# Dr. Arti Shukla

Shreem Beej Guru , an educator turned healer. a Depression Expert , Beej Mantra Chikitsak and Fingerprint Trainer. I believe "Energy is Transformation - More the Merrier. I Believe my spiritual nature inspires and encourages people to realize their entire inner potential and ensures positive transformation in them. I am a virtuous self-believer and an optimistic trainer. Having a Human Development background, PhD in Sociology (Psychosociology), I graduated to Healing & Training which is now the purpose of my life.

## Experience

### TRAINING & WORKSHOPS (2012 ONWARDS) :

Healed more than 1500 people involving 5000 hours of beej mantra chikitsa, 1000 hours of Training in the last decade.

Some Of the highlights are :

- 200 Students for 5 days on Stress Reduction: PEC Chandigarh,
- 2 Day Daivavyapashraya Chikitsa Workshop - BAMS colleges - Motherhood University , IIMT University, SriRam Ayurveda College, VYDS- Khurja, Mahaveer University -Meerut, Charak Ayurveda college - Hapur
- Total Wellness Workshop - Indian Ports Association - EC team , Delhi
- Total Wellness Workshop - Second Innings (Trust body of Meenakshi Polymers), Gurgaon
- Beejmantra Meditation Workshop - Institute of Nuclear Medicine & Allied Sciences -
- Mantra Chikitsa a subset of Daivavyapashraya Chikitsa : SwasthyaExpo , Ministry of Ayush , Hyderabad
- 2 Day Zoom workshop on Measuring of Energy through Scientific devices Kriilan Camera & Sputnik - DYSL , Hyderabad

## Research

- Effectiveness of healing with Beej Mantra
- Soul Seat- Realization of Spiritual Being
- Creation of Universe - Sat Raj Tam In Sankhya Yog are Causal Body Subtle Body and Gross Body, Each With 5 Elements - Review
- Concept of "Mann & Atman" of the Navdravya of Vaisheshik Darshan is the basis of Charak Samhita for Manas Rog - A Review
- Creation of Universe in connect with 51 Sanskrit Varna (Alphabets) Akshar their order and 9 Chakras Application as Aushadhi - An Review
- Beej Mantra - Chikitsa and its impact on 48 students of PEC Chandigarh Pre -& Post Meditation through Beej Mantra on Weight, BP, SPO2, BMI, BPS, BPD, BPP

## Achievements

### WHERE WE SUPPORTED MEDICAL SCIENCE THROUGH DISTANCE HEALING

- Healed more than 200 people in Covid via distant healing
- Revived extremely critical patients who were refused treatment by medical professionals on the pretext negligible survival chances: less than 48 hrs
- Instrumental in recovering 50% hearing loss of a patient through distance healing
- Reversed Reactive Arthritis in 2 weeks of healing
- Healed and reversed paralysis in 2 months

## Strengths

- Subject driven approach and firm grip over work life balance helps me to dynamically structure and design all programs to high standards.
- Passionate about transforming people towards better energy levels and its impact. Guiding people in managing stress and time and persuading them to indulge in creative thinking and innovation.
- My trademark is "Energy is medium of Exchange : more energy more interaction"



## Contact

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## Expertise

- Beej Mantra Chikitsak
- Depression Expert
- Finger Print Trainer
- Healer

## Language

English

Hindi

Punjabi

Dogri