

Jharra Healing From Babaji

by Margaret Meduna-DeVivo



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Haidakhandi Spiritual Practices Series

Jharra Healing from Haidakhan Babaji Clearing the Energy Body with Feathers and Mantra

Jharra is a healing technique in which the practitioner repeats a Mantra while sweeping peacock feathers over a person's body, thereby clearing out dis-harmony and allowing the natural harmony to preside. With each sweep, the mantra is repeated.

Jharra was reportedly the prominent form of healing practiced in ancient Vedic times, prior to when herbs and medicines were promoted.

Dis-ease and dis-comfort are considered to be dis-harmonies. The sweeping restores harmony and balance, thereby eliminating dis-ease and dis-comfort.

In Haidakhan, Swamiji (Swami Fakiranand) was the "official" Jharra Master, until he passed away in 2003. At one point, Babaji told everyone to go to Swamiji and learn Jharra so they could heal others and serve humanity.

Babaji's Speech of January 20, 1984:

"The fact is, all of you have done very hard work here. You have made this place very happy and beautiful and it is also prosperous. Due to that, thousands of people are coming here and getting peace of mind. This is all the result of your Karma Yoga. In the near future, all of you will establish ashrams and centers throughout the world and do Karma Yoga there and create the same vibrations wherever you go."

"All of you must learn spiritual healing- *jharra-Phunka* and make spiritual healing centers. By that means, many people in the world will get peace and happiness."



How I Became a Jharra Practitioner

It was suggested to me at the 1986 Fall Navaratri by Shastriji (Shri Vishnu Dutt Shastri) that I would be a good candidate to learn Jharra. He sent me to Swamiji for instruction and initiation. After learning the mantra and procedure, it was up to me to "charge up" the mantra through repetition. The mantra makes a change in consciousness and frequency.



Since I was living in the ashram at that time, I dedicated myself to learning as many of the practices and techniques as possible during that time. The charged-up healing mantra goes from the energy field of the practitioner, through the instrument (feathers), and into the auric field of the patient, thereby removing dis-harmony and restoring harmony. Those who can perceive auras can tell you where the dis-harmony is in the body by observing the auric field. Sometimes the "problem" sits in the auric field for weeks, months, or even years before it manifests into a dis-ease in the physical body.

I received another Jharra initiation directly from Shastriji in 1993, at his home. This one was specifically for healing headaches, with its own specific mantra and technique. One of the women in Shastriji's village was coming to Shastriji daily for Jharra treatment. Before she arrived, Shastriji told me the procedure and the mantra, handed me the peacock feathers, and I gave the treatment that day, as he told me "You are healer." This treatment was to be given to those who come to me complaining of a headache, if they wish to receive it.

Becoming A Jharra Practitioner

The practitioner is initiated into the use of a certain mantra for a certain purpose, which then must be "charged up" by repeating it a certain number of times before offering the healing sessions to others. Following the charging-up process, there is the responsibility of maintaining the energy by a certain number of repetitions of the mantra daily.

All specific details are given in the class. Jharra is an effective remedy for acute conditions and helpful to dispel a feeling of imbalance or dis-harmony. When the auric field is in a harmonious state, the person is in optimal health. Body, Mind and Spirit work together, as we all know.

How I Know Jharra Works

In 1986-87, when I lived in the Haidakhan Ashram for about 6 months, I experienced several Jharra treatments from Swamiji to treat an ear infection. The treatments helped me to find balance and harmony with the many treatments offered to me at that time, from homeopathic medicine to antibiotics. Every person in the ashram who was aware of my ear infection suggested a different remedy for the problem, and since I was open to suggestion at the time, it got pretty crazy. Jharra restored harmony into a confusing situation and helped me choose a course of action that had the highest result. I had experienced chronic ear problems in my younger years, which recurred often, especially in my college years, and after this particular infection was healed in India, I have never had another ear infection.



This, to me, indicates that the Jharra addressed the underlying causes.

Basics of the Jharra technique

The peacock feathers are held in the right hand. Sweeping is from the top of the head to the bottom of the feet, quite quickly, then releasing what was swept into the earth by touching the floor or earth with the tip of the feathers.

If the patient is sitting up, the Jharra practitioner sits in front of them and sweeps down the front of the person, and taps the feathers into the earth, sometimes using a mala with the left hand to repeat the mantra a certain number of times. The mala is used more during the charging-up process and not necessarily during the treatments.

If the person is lying down, then the sweeping takes place head to toes with the practitioner sitting next to them. A bed, massage table, or a mat on the floor all work equally well, with consideration going to the comfort of both people. The sweeping arm does get tired with 15 minutes of constant sweeping and the patient need not have more discomfort during this process. It's OK to switch arms for sweeping, but right arm is preferred.

Usually, following the treatment, the patient is given vibhuti (sacred ash) from the Fire Ceremony as a poultice or an internal medicine (if available).

The Mantras

The Jharra mantra you are given as a practitioner is in accordance with the Jharra teacher's perception of what is in harmony with your soul's frequency/vibration. There are usually 3 different mantras given generally. In some cases, a personal Jharra mantra can also be added. In general, the mantra needs to be repeated for a certain number of times, with a minimum number of repeats per day, before you begin using the technique on others. This is a way of building up the "chi" or universal life energy within yourself So this energy will pass through the feather instrument in a pure and unencumbered way.

These mantras, time frames, and number of repetitions are dependent on the Jharra teacher's instructions for the individual. You will receive all of the individualized information when you take the training.
(Details on the training later in this document.)

Why Peacock Feathers?

Peacock feathers hold all the colors of the rainbow/chakras (balance and harmony symbol) plus the "eye" in the feather represents the third eye, or intuition. The peacock is the traditional vehicle of Kartikeya, son of Shiva.

Peacock Feathers have been used for healing for tens of thousands of years in every culture throughout time. They are said to carry Spiritual Healing Energy that can be used to assist people seeking balance and harmony in their lives. With the proper guidelines of use, they allow the individual to connect with the Universal Healing Energy and use this energy to heal people of all of their complaints, imbalances and disease.

(http://thestoneunicorn.com/doorway_to_enlightenment).

Peacock tail feathers are large and colorful, and many people enjoy them simply for their beauty. Beyond this, a peacock feather is a symbol of both immortality and of renewal. As such, they are also often viewed as a symbol of resurrection. Generally, the peacocks are symbolic birds and their feathers have become steeped in meaning. Since they naturally replace their feathers annually, the feathers are a symbol of renewal. However, the symbol of their feathers varies with specific traditions.

Peacock feathers stand for pride, and by extension, dignity and Beauty. Peacocks are also known to eat poisonous plants with no ill effects, making their feathers a symbol of incorruptibility and immortality. The exact meaning often depends on the culture and the background the feather appears in.



Peacock For Harmony

The peacock brings harmony and joy to our mind. This bird is majestic, proud with much expression as the male bird walks and dances to the female in courting. This is celebration in life. Some very useful information on peacocks can be found here:

www.crystalinks.com/peacocks

Info On Peacock Feathers

It is said that at the time of Creation of the universe, when the primordial poison was churned out of the Sea of Milk and transmuted into the amrita of immortality, it was a peacock that absorbed the negative effects. Thus the bird is thought of as a protector, though its flesh is consequently considered to be poisonous. The peacock's beautiful and distinctive colouring is said to be a gift from the God, Indra. Lord Krishna wears them as a part of his crown. These feathers grow to be several feet long, but are shed each year just after the breeding season. Each of these long feathers also has a design near its tip which resembles an eye. The feathers of the peacock are composed of many colors, including crescent sheens of bright blue and green.

Purpose

- Peacock feathers are a symbol of good luck and well-being.
- They are used to ward off evils & black magic.

How Many Feathers?

A bundle of at least 18 feathers that fits easily into your hand is adequate. There are not certain numbers suggested for these feathers. A bigger bundle than is comfortable for the practitioner to use is not making it "better."

Where To Get Feathers?

Best source is from a person who raises peacocks, and there are feather sources online as well. You will find these through search engines, looking for "peacock feathers for sale." I have easily found them on Amazon and eBay. You want the natural ones, about 24-30" long in a bundle, no dyes or chemicals on them.

How Long Does A Set Of Feathers Last?

This may depend on how much you use them, yet all peacock feathers will be deteriorating with time. There is no "preservative" you would want to put on them to make them last longer. They are an organic material and would be subject to "breakdown" or "composting" effect as time goes on. Once they have shed most of the fluff from the main stalk, it is time to get new ones. You don't want to scratch the skin of your patient by using worn-out feather stalks!

Care Of The Feathers

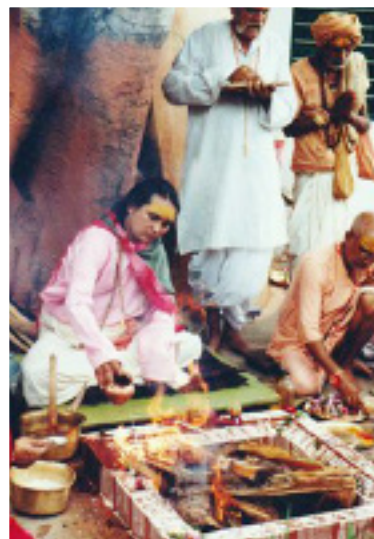
When traveling with the feathers, they are usually wrapped up in a silk or other natural fiber cloth - no synthetic fabric. They are protected well for travel in a mailing tube. They will last longer this way.



Batuk (young form of *Kalbhairav*) is often pictured carrying a bundle of peacock feathers. *Kalbhairav* (the adult form of *Batuk*) is the Black Aspect of Shiva, God of healing and protection. Peacock feathers are also associated with protection.

MANTRAS FOR JHARRA

Mantras for Jharra are given at the time of initiation. They are not repeated aloud during the treatment and they can vary between different individuals, according to the intentions of the practitioner. They are kept secret/sacred in order to hold the strongest energy. There is a general group of Jharra mantras and there can also be a unique mantra for an individual.



Kalbhairava Mantra used in the Fire Ceremony (not the same one used for Jharra but a good introduction into Kalbhairav's Healing/Protective Power):

Om Bam Batukay Appadu Dharanay Kuru Kuru Batukay Bam Om Namah Shivay

Haidakhandeshwari is the Divine Mother of Haidakhan She embodies all three aspects: Durga/Kali, Laksmi and Saraswati in one Being. Her prayers are found in the "Haidakhandeshwari Sapta Sati," cognized by Shri Vishnu Dutt Shastri. You can download the Names and the Prayers to Haidakhandeshwari at: truthsimplicitylove.com/downloads.html

Malas (prayer beads)

Your other tool with Jharra, besides the feathers, is a mala. The mala (prayer beads, set of 108 beads) depends upon which mantras you are personally directed to use. Beads specially blessed in a Haidakhandi setting are available at www.vishwagifts.com

- Mother Mantras require a crystal mala;
- Laksmi Mantras require a rose quartz, quartz crystal, or a green stone mala;
- Shiva Mantras require a rudraks mala;
- Kalbhairav Mantras can use a black ebony mala or a rudraks mala.

With this entire technique it is not so much that the TOOLS (feathers and mala) are charged up; it is the practitioner's own consciousness that is charged up with the energy of the sacred healing mantra. It is this consciousness that is applied to the energy body of the patient, resulting in greater harmony and balance, going to the source of the problem.

How Do You Know If Jharra Is Right For You?

Look within your heart and listen to your Higher Self to know if Jharra Healing from Babaji is right for you. Your HEART knows so you just have to listen and understand. You can take Jharra treatments for a condition within yourself and you can become a Jharra Practitioner in order to offer treatment to others. Only you know if you'd like to take this initiation and keep up with the commitment to it.

Jharra Initiation Opportunity

In order to take the Jharra Training and receive your mantras, so you can get started, you will need to contact me:

Marge Meduna-DeVivo
Universal Peace Center
1201 Calvert St. # 21994
Lincoln, NE 68542

Email: trusimlov@yahoo.com

We'll need an appointment by phone, Zoom, or Skype to get on with it.
Suggested donation is \$108 through Paypal on our donation page:
<https://truthsimplicitylove.com/donations.html>
Initiation session is 20-30 minutes; follow-up of about 15 minutes.

Included:

- * Mantra Initiation
- * Instructions
- * Consultation follow-up
- * Invitation to Facebook Jharra Students Group and email list
- * Invitation to monthly ZOOM Jharra for all Jharra Practitioners
- * Listing in the Jharra Directory

Not included:

- * Feathers
- * Malas

Jharra Healing Sessions

Jhara Healing Sessions are available from me, personally, by appointment. Call or email me for details. These can be in person or remote, whichever is more suitable.

Jharra Sessions are also available, remotely or in person, from other Jharra Practitioners.

Our Jharra group offers public free sessions on Zoom; the links are shared at Jharra Friends on FB and in our TruthSimplicityLove Newsletter.

Jharra Healing Directory

As more Jharra practitioners become initiated, we will provide a directory of available practitioners. If you have been initiated and would like to be in the Directory, just send me the info and tell me when you were initiated and where. This form of Healing is an important addition to anyone's Healing Repertoire during these 'uncertain times.' You can use it on yourself, those close to you, or others who request your assistance.

EMAIL ME ANY QUESTIONS ABOUT JHARRA: trusimlov@gmail.com

