

Shungite works well against harmful sources as it does not become saturated, does not take on a negative charge and powerfully keeps on transforming the radiation into biocompatible elements (right torsions fields).

For example, if we use a detection device to measure the emission field of a Wi-Fi hot spot protected with a shungite plate, we will quite happily still find the Wi-Fi signal doing its job of connecting two devices wirelessly with its waves. What changes and what is not revealed by the detection device is the subtle quality of the emanation, the biocompatibility of the waves with your energy when there is a shungite plate, and the fact that the emanation's negative when the plate is not there.

There are many forms of shungite that can be used with equipment that emits harmful radiation. The following recommendations apply in the same proportions to any electromagnetic equipment that you have to use or want to use.

■ CELL PHONES

As an initial step, you only need a small adhesive disc or a pendant that you wear in order to completely neutralise the harmful effects of the waves, which attack your energetic balance, your health and especially, given the way cell phones are held, your cerebral auditory functions.

■ WI-FI HOT SPOTS

Peoples have lot of questions and requests for advice about Wi-Fi, and especially about Wi-Fi from your neighbours, because very often when you start up your computer and take a look at the number of Wi-Fi signals present in your home (in a city this can amount to eight, ten or even fifteen), you can get upset just seeing the number. Carrying a shungite stone on one's person or placing shungite objects in your home can provide protection from Wi-Fi signals that are coming from your neighbours.

In order to ensure an effective transformation of the emanations, you need to use polished stone of type II shungite, weighing a minimum of 10 to 15 grams (0.4 to 0.5 ounce), or a of silver quality shungite of at least 10 grams (0.4 ounce). There are round plates designed for computers that can also be used with a Wi-Fi base.

A bedroom is one of the most essential parts of a home, perhaps the most. So, but obviously, one would want to make it stand out. Here are some useful tips on how to make your bedroom beautiful

By Property Team

**1** Before anything else, make sure your bedroom contains all the essential elements: a bed, a nightstand, a desk or dressing table, a chair, and a cupboard or closet. There's nothing more depressing than a bedroom where you have to dump your makeup on the nightstand or drape your shirts over the back of a chair.

**2** The lighting of the bedroom should preferably be subtle and easy on the eyes. It should not be too bright or too dull. Bright would lead to restlessness and too dull would constantly make you feel depressed and lazy.

# Guide to Shungite



Using Shungite is a highly effective way to protect oneself from harmful radiations emitted by gadgets around us, writes **Dr. Tushar Yashwant Savdavar**



■ LAPTOPS

Laptop computers which are widely used, are harmful as well. This is not so much because of the screen, which does not radiate negatively the way the old cathode ray screen used to do, but more because of the hard drive's motor and its active components. It is advisable to place a round plate or stone on the computer beside the keyboard. The action of the shungite will bring relief to the user, particularly when using the keyboard and the mouse. In order to benefit from a stronger effect and to combat the fatigue that accompanies working on a laptop, the effect of the shungite plate can be enhanced by also having a shungite stone in one's pocket or wearing it as a pendant.

For those who spend many hours in front of computer screen, the most comprehensive protection is a shungite cushion. Sitting on the cushion containing 1 kg (2.2 lbs) of shungite allows you to benefit from its activating effect the entire time you are seated.

■ CORDLESS PHONE

The base of a cordless phone in fact emits harmful bioenergetics waves that extend out all around it to a distance of around 10 meters (33 feet). Since the radiation has its source in the base of the phone, it is essential to protect the base (or opt for a non-portable phone). To correct negative influence from the base use a shungite plate, or a shungite stone of a minimum of 15 gms (0.5 ounce) or a black polished shungite and a minimum 10 gms (0.4 ounce) silver shungite.

■ ELECTRICAL PANELS

It is useful to place a shungite pyramid on the electrical distribution panel of a house or apartment. Having it there will correct the damaging influence of 60 Hz alternating current that is typically emitted by electrical installation. For a studio or small apartment, a pyramid of 5 cm (2 inches) is enough. The more extensive the electric installation, the

larger the pyramid should be. For a house without electric heating, a pyramid of 7 cm (2.8 inches) is likely enough.

■ MICROWAVES

For many people, the microwave oven is completely harmless. But, do you know that a microwave oven uses microwaves to excite the molecules of water that are present in our food in order to heat it. The bioenergetics measurements taken by all practitioners show that all food and drink that is cooked or heated in microwave ovens, causes us to lose from 40 per cent to 60 per cent of its vital nutrients. The only possible protection, in bioenergetic terms is never to use them and therefore to not even have to microwave oven in the home. If you value your health, stop using them. It's as simple as that.

■ CARRYING OR WEARING SHUNGITE

Another way of protecting yourself from the electromagnetic waves that now assail our lives from all sides consists of carrying or wearing shungite on the body. Shungite acts on our energetic body as a concentrator and an activator, transforming in real time the impact of left torsion fields on our vital systems.

There are various workplace situations (offices, factories, businesses) where many people have to share space with several others. In such cases you can't necessarily act directly on the sources of the harmful radiation and people who are aware of the harmful nature of the waves.

Nowadays, there is a wide selection of pendants of all shapes that can be worn as jewellery or more discretely under one's clothing. Sometimes it only takes a few grams of shungite worn against the skin to feel the concentrating and activating effect. Some pendants are in polished black shungite and other are in silver shungite, which can be smaller but which have a much stronger effect.

■ SHUNGITE AND LOCALES

If you detect a general problematic situation connected to electromagnetic emission in a place you often frequent, such as your home or place of work, and it is impossible for you to intervene directly at the source of these emissions, you can nevertheless intervene by placing shungite at carefully chosen strategic points in that locale.

(Dr. Tushar Yashwant Savdavar is Ph.D in Vastu and Astrological Sciences)



While PM Modi's demonetisation policy has received bouquets and brickbats, the real estate sector has emerged a major winner, as evident from the home loan rate cut. **Suraj Uchil** gets some 'interest'ing reactions

## Cheaper loans! House that for a New Year Gift

2016 was a very eventful year for the real estate market. A lot of important policies announced by the government have led to people's trust in the sector increasing once again. In fact, the real estate market was one of the major winners of reforms, which has helped bring in a better sense of transparency and credibility to the market.

Demonetisation was perhaps the most talked about policy of 2016. The policy of invalidating Rs 500 and Rs 1000 notes from the Indian currency system saw a lot of money being deposited in the banks. Many pundits suggested that this would, in turn, bring about a drop in the interest rates of loans in the near future. And, as if someone heard these experts, the New Year has started with an amazing gift to the common man. It began with SBI cutting down its home loan interest rates. Many other banks like Union Bank of India, ICICI have also followed suit,

and the rest are likely to come up revised rates soon.

**RISE IN REGISTRATIONS**

This step is being seen as a huge boost to the real estate market. A drop in interest rates would mean a lot many people going in for loans. And, with surplus amounts of money already with the banks, thanks to demonetisation, the chances of people getting their loan are also greater. Manohar Shroff, Vice President, MCHI (Navi Mumbai Unit) explains, "The move by banks to cut interest rates is a very positive move. Both Mumbai and Navi Mumbai areas are seeing a

lot of registration in properties post this announcement. The biggest beneficiary of the move will be the affordable housing section. Securing a loan at good interest rates will now be possible for a lot of home buyers."

**GO FOR IT!**

The mood in the public is also a positive one. Many home buyers who were a bit hesitant to apply for the loans owing to high interest rates can now heave a sigh of relief. Sachit Subramanian, a businessman from Mumbai feels that even a 0.5% dip in rates is a big deal in a long run. "If I am planning to take loan for 20 years for my house, with new rates I would effectively be saving up to 5% on my interest money every year. That's a lot of money which I could be saving or investing someplace else. Plus, since I would opt for floating interest rates, if the banks

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further reduce the rates, which it most probability will, my savings would increase. So this would be the right time for people to invest in buying their house," he opines.

Neha Kurani, a resident of Navi Mumbai and a Chartered Accountant by profession, feels that if the lending rates are lower, then the general people would resort to banks for their financial needs more as compared to previous years. "Though it is too soon to comment on the impact of the move, the early predictions are looking quite positive. If the rates are going to come down further, there would be no better time than now to invest in buying your dream home."

If you have been waiting to buy your dream house, now would be the apt time to go for the home loan and buy the abode you always wanted.



# 10 ways to make bedroom your best room



adorn the walls with.

**4** The positioning of the bed is usually in the centre but that need not be a hard and fast rule. The bed is an integral part of the room therefore special attention should be given to make sure it's the right one.

**5** Paint the room with colours of your choice, though preferably light and mute colours always bring out the serenity of the surroundings and make the room seem larger.

**6** If you use your bedroom for activities other than sleeping, it would be advisable to divide your room into areas based on your activities especially if your room is large or has to be shared with another person. Dividing your room into areas also allows you to create a different feeling in each area.

**7** Try to stick to one single colour as a common theme for the bedroom, which makes it easier to pick out stuff and accessories for the room.

**8** The cupboard or closet is a necessary part of a bedroom. Preferably a single, large closet with ample space is all that's required. It should be strategically placed near the bathroom connected to your room for easy access.

**9** Appropriate curtains for your bedroom can make a world of difference to the way you feel in your room. Try something slightly heavy and dark so as to be able to block out the rays of light, which might disturb your sleep.

**10** And finally, importance should be placed on cleanliness. A clean room will not only make it easier for you to find your stuff, but it will also keep your mind calm.

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