

A Few Moments With

Rahul Bharti

Rahul Bharti is a shaman/healer from Kathmandu, Nepal, who recently held several workshops for two weeks in Stony Plain, in association with Acu Harmony Health, a yoga studio.

He started the Healing Seed, which provides food on a monthly basis for the street people in Nepal. The program now spreads to Stony Plain and the Edmonton area with the help of Lacie Cosgrove, one of the owners of Acu Harmony Health.

How did you become a shaman?

I prefer to be known as a person who helps others to help themselves.

I started training in body work (massage) at the age of eight and travelled through Thailand, India and Sri Lanka where I found many great healers and teachers.

The greatest teachers cannot be found in the city, you have to hunt for them.

I also lived and trained with the tribes, the people of these tribes gave me many insights on medicine and what some would call Shamanism.

How did you start Healing Seed?

Part of my training was to live on the street for two weeks.

I was amazed by the love the street people enveloped for each other, and I also recognized how very hungry one could become.

One day I attended a feeding and ate with the street people of Kathmandu, Nepal, and thought to myself that every person has the right to have one meal a day.

Since then, my wife and I began cooking for 20 people in the poorest part of Kathmandu, where no government assistance would ever reach.

Now, once a month, we feed well over 1,000, all from my own earnings.

About 30 per cent of the people who attend the feedings are children. I often go to random orphanages and bring food and balloons for the children.

How did Healing Seed become international?

I have over 7,000 students all over the world and everyone is interested in helping. Everyone that trains with me in Kathmandu works at the feedings.

Lacie Cosgrove, with Harmony Health in Stony Plain, was the first of the international assistance.

The second person to get involved is an individual from Holland.

I choose who may assist me. I watch them very closely while they are my students and how they are at the feedings.

The Healing Seed has already done two events with the homeless in Edmonton and will soon do more.

The Healing Seed will soon be registered as a non-profit organization in Canada.

What kind of response have you been getting from people/contributors/volunteers?

Positive. The idea of the Healing Seed inspires everyone to act in compassion, to plant the seed everywhere you go, to give that extra food to someone, to smile at people, to resist the urge to be swallowed by consumerism so more important things can be done with that money, such as serve the basic necessities to all human kind.

What's your next mission?

I came to Stony Plain to teach workshops and most of the profit raised, which is somewhere between \$6,000 to \$8,000, will be donated to the Healing Seed.

Lacie and I have been discussing the goals and plans of the Healing Seed which will be posted on the

These are our immediate goals:

1) There are about 10 people from Stony Plain/Spruce Grove that will be traveling to Nepal this year to do some serious social work. This will include medical assistance, food, showers, grooming and child care work. The Healing Hands Center (my school) in co-operation with Harmony Health of Stony Plain, which will be organizing the trek.

2) We'll do two feedings in Edmonton over the months of July and August

3) We plan to save an orphanage in Nepal from going under. There are 200-250 street kids and the money raised here will go to hold the school for about one year. The sponsor who originally operated the school let it go when the market "crashed."

What is your future hope for the Healing Seed?

- The feedings will continue, hopefully increasing from one a month to two a month.

- A full design of the website will be accomplished over the next few months.

- Annual treks to Nepal to offer social work will be organized, welcoming participants and volunteers from around the world. Some teenagers from High Park School in Stony Plain are eager to become involved on some local and international events.

- To build a food house in Kathmandu, a self sustaining community as the problem is people think they can just throw money at the situation, this actually causes more corruption, we actually need to work, someone has to keep it going.

