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writer **Karen Fong**

Indian-born Pervin Clasper has been healing Hong Kong's tired and stressed for over 20 years. During this time, she has combined techniques such as Reiki and Emotional Freedom Technique (EFT) to create her own brand of healing called the 'Shakti Path'. Here she tells us more about what she does and how a simple shift in the way we think can bring about great, meaningful change.

today, the idea that everything is made of energy and can be exchanged with the energy around it, is not as abstract as it used to be, thanks to a certain physicist named Albert Einstein who coined the theory of relativity. Since then, energy healing has become more and more accepted. With negative thoughts often believed to contribute to poor health, it has become more important than ever to learn how to control these thoughts to better our lives. Changing one's mindset and believing in positive energy can be the start of a powerful movement, something Pervin Clasper, energy healer and founder of Shakti Healing Circle knows better than anyone.

Run by Pervin and her husband Stephen who is also an Executive Coach, Shakti has offered Hong Kong's stressed individuals an oasis of calm since opening its doors in 2007. But for Pervin, her interest in healing started long before that. Born and raised in Bombay, she credits India's historic spirituality, and her parents' interest in spiritual places as one of her inspirations.

As a Master Teacher in traditional Usui Reiki as well as a practitioner of Emotional Freedom Techniques, Neuro-Linguistics Programming, Magnified Healing and Pranic Healing among others, Pervin has always had the conviction to heal. Describing her transition from Psychology (she holds a degree in the field as well as a postgraduate diploma in Psychotherapy), to healing as an 'intuitive' one, Pervin cites her interest in helping people as the foundation of her practise. "Even before opening Shakti, I practised energy

healing on friends, family and colleagues. Eventually it became clear to me that I should open my own practise," she recalls.

It was her desire to see the world that eventually brought her to Hong Kong. After leaving India and a career in advertising, Pervin moved into the travel industry before finding her calling as a healer.



'The Shakti Path' is Pervin's unique healing method that combines various techniques based on the needs of her clients. While she specialises in Reiki – a form of energy healing that replenishes energy levels by releasing toxic blockages and suppressed emotions – she explains that no one technique is better than the other. "They

all come from the same source," she says. "Every client has their own unique issues they're trying to deal with. For some, Reiki is enough, whereas with others there may be an emotional issue that needs to be cleared with Emotional Freedom Technique (EFT). Healing is never an either/or proposition and I often blend several healing methods into a single session if that is what my intuition tells me is needed."

While Shakti started with mainly expatriate, female clients, its clientele has evolved to encompass a large local and male component. "I have been very surprised at how quickly people have found their way to our door." Pervin notes, "Alternative healing has been growing rapidly in Hong Kong and men in particular seem to be more open to the idea than they used to be."

"Bettering their lives" is one of the main reasons people come to see Pervin, and the healer explains that self-healing is something she strongly advocates. "Empowerment is extremely important," she stresses. "Harnessing the power to heal yourself is something everyone can learn. Eventually I want my clients to be able to learn to heal themselves."

Pervin believes the easiest way for people to change a stagnant mindset is to accept the concept of greater possibility. Put simply: change your thinking and you can change your life. "Even if sometimes it doesn't feel like it, we actually have total control over our thinking. By realising this you can take back control of your life."

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