

OCTOBER 2023, ISSUE 44 | VOL - III

MYSTIC AURA

MAGAZINE

MEN'S
fashion

UNVEILING THE TRENDS

Festive
HAIRSTYLE
& MAKEUP

OATS

BENEFITS FOR
HEALTHY LIVING

Anti-aging
HOLISTIC FOOD
and **JUICES**

Chic Style

Fashion favors timeless style and transcend trends

MYSTICAURA

Fashion and life style magazine

2023

October

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

Model: Bibika Bora
 MUA : Anuradha Bordoloi.
 Wardrobe:ALN collection



Designs & Photography by kaushalbrahmaphotography

MYSTICAURA

The Team



GITALI PATHAK DEKA

Proprietor & Editor-in-chief

She is a model, an educator and also a Master Trainer under the BRITISH COUNCIL. A lady with principles, positive vibes who always loves to inspire others to fulfill their dreams. Confidence, determination, will power and faith in God, her strength. Her indomitable talent in fashion world is known by all. She has been successful in winning many titles in State, National and in International level, Brand Ambassador of a few beauty pageants. Recently awarded with the most prestigious Nari Shakti National Award. She is Mrs India International (2nd runners-up) at Sri Lanka, Colombo.

CONTACT

Office Address

Hatigaon, Brindaban Path, Hse No-2
opposite Bharat Petroleum
PIN-781038
PHONE: +9186386 84096
Email: mysticaura.fashion@gmail.com
FOLLOW US at
www.mysticauramag.com

www.mysticauramag.com



MRIGAKSHI DUTTA BHARALI

Copy Editor

She is a model, an educator and also a Master Trainer under the BRITISH COUNCIL. A lady with principles, positive vibes who always loves to inspire others to fulfill their dreams. Confidence, determination, will power and faith in God, her strength. Her indomitable talent in fashion world is known by all. She has been successful in winning many titles in State, National and in International level, Brand Ambassador of a few beauty pageants. Recently awarded with the most prestigious Nari Shakti National Award. She is Mrs India International (2nd runners-up) at Sri Lanka, Colombo.



BIREN NARZARY

Chief Managing Editor

He is a well known Graphic Designer and an employee of private commercial printing industry as a Sr. Graphic Designer.

Editor's NOTE



As the leaves turn vibrant shades of red and gold, and a crispness fills the air, all are awaiting for the happiness and blessings of Goddess Durga that is celebrated in the month of October. This month our pages are imbued with the spirit of enjoyment offering you a rich tapestry of fashion, style, and makeup. This month you'll find captivating features on the beauty of the Aura pages and thought-provoking articles on different topics and excited to share interviews of the cover page model and mystic aura calendar girl along with a diverse array of content that will entertain and ignite your curiosity.

As we embrace the changing of seasons, we encourage you to take a moment to savor the simple joys of reading the magazine whether it's a steaming cup of apple cider or the warmth of time spent with loved ones.

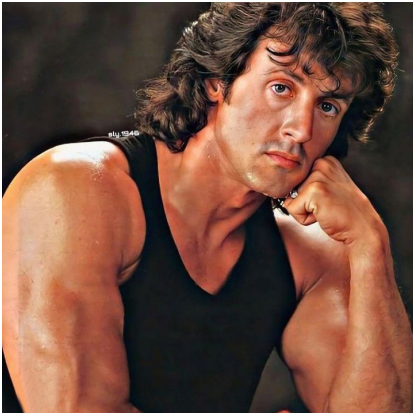
Hope you all will like this edition of Mystic Aura and enjoy reading.

Thank you & Regards

GITALI PATHAK DEKA

Proprietor & Editor-in-chief

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By Momi Nath in Assamese/
translated version by
MysticAura

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Model: Sanju Ray

ON THE COVER



Model :

Kunti Jain

Makeup :

Zeba Jebin Akhtar

Wardrobe :

@Studio.6

Q. 1. Tell us in brief about yourself.

Hi, I am Kimti Jain Kalita from Guwahati, ASSAM. I got married at a very young stage and is blessed with 2 kids. Right from childhood days I used to get fascinated towards fashionable things and allied activities. After my marriage I realized that I should do something for myself and my passion. I starting learning makeup and slowly after from there my modeling journey started when my makeup guru told me to do a shoot in a Bengali look. From that day I never looked back. And that is how I'm here today.

Q. 2. Like to know a little more about your passion and why did you choose to step in modeling?

-As I have mentioned in the previous question that it's from my passion of learning makeup my journey to modelling started and I always have a wish to help the unprivileged children in their education. By choosing this profession, I hope that I shall be able to make this happen.

Q. 3. What is your view point of the line 'being beautiful in your own skin'?

-First of all to feel beautiful in our own skin is to feel comfortable with the individual within ourselves. If one don't love the person within oneself, she can never regard or feel herself as beautiful. Feeling is a part of the nervous system, it's just an emotion like love and anger. Therefore you need to be just yourself and be the best version no matter whatever the skin tone is.

Q. 4. What is the most pleasant thing that happened to you in life?

- Since I was married early, I thought my dreams will always remain as unfulfilled dreams. But thanks to God and because of everyone's blessing I'm very happy being what I am today. I am ever grateful to my husband and my kids for their continuous support and love.

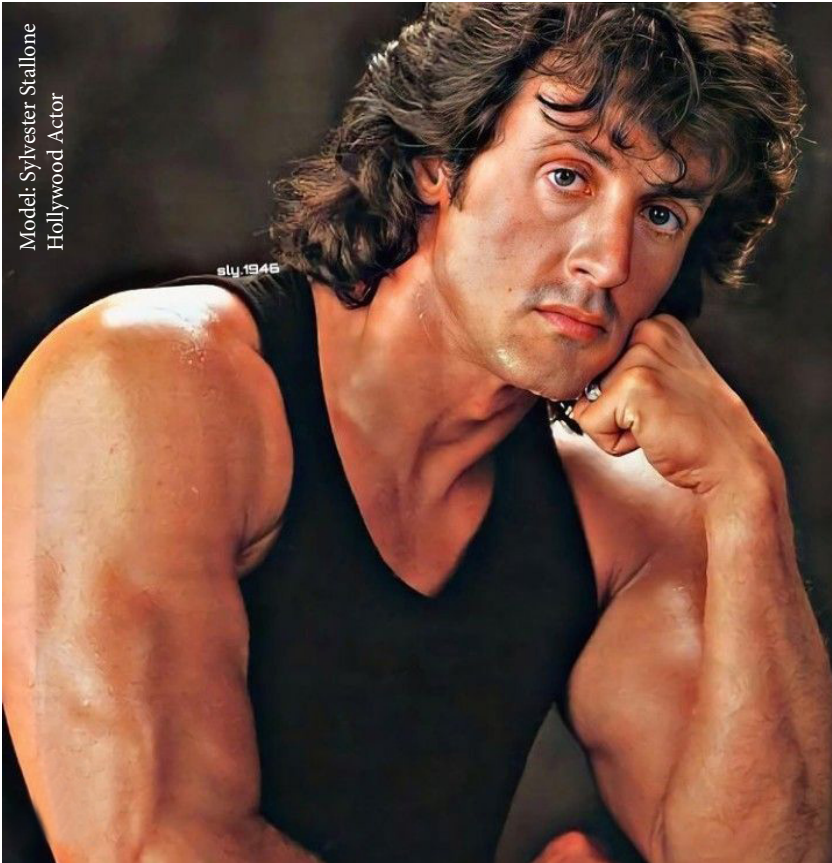
Q 5. What are your future plans?

I wish to go a long way in the field of modeling in coming days. Love to be a successful model so as other beginners can get motivated and inspired and furthermore, all the aspiring models can come forward and be a part of the Glamour world and make our state proud. With the blessings of Almighty I would love to serve the society.

6. Would like to know about your achievements till date?

- My biggest achievement so far is winning "Mrs. Global Universal" title in Nepal. This prestigious title has immensely boosted me more to move forward in modelling ahead. Recently, I was honoured as a Successful Model award by Helping Hands Social Foundation in Guwahati.





Unveiling the Latest Trends in

MEN'S FASHION

By :

Avinash Kaur
Fashion Stylist
Mumbai

When it comes to fashion, it's no longer a woman's world. Men's fashion has seen a remarkable transformation in recent years, with new trends constantly emerging. Whether you're a style-conscious man or just looking to update your wardrobe, here are the latest trends in men's fashion.

1. Relaxed Tailoring

Gone are the days when formal attire meant a rigid, uncomfortable suit. Today, relaxed tailoring is all the rage. Think soft-shouldered blazers, unstructured suits, and comfortable trousers. These pieces not only look sharp but also allow for greater mobility and comfort.

2. Sustainable Fashion

Sustainability is no longer just a buzzword; it's a way of life.

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Men's fashion is embracing eco-friendly materials and practices. Look for clothing made from organic fabrics like bamboo or recycled materials. Brands are also adopting ethical manufacturing processes to reduce their environmental footprint.

3. Streetwear Influence

Streetwear continues to influence men's fashion, blurring the lines between casual and formal. Think hoodies under blazers, sneakers with suits, and oversized t-shirts. This trend reflects a more relaxed, urban aesthetic that resonates with many modern men.

4. Monochromatic Outfits

Simplicity is key, and monochromatic outfits are the embodiment of minimalism. Dressing in shades of a single color creates a

sleek, sophisticated look. Experiment with various hues, textures, and patterns within the same color family to keep things interesting.

5. Retro Revival





Fashion often finds inspiration in the past, and retro styles are making a strong comeback. Think '70s-inspired wide-legged trousers, '80s graphic tees, and '90s baggy jeans. These nostalgic elements are combined with modern twists to create unique and stylish ensembles.

6. Sustainable Footwear

Footwear is not exempt from the sustainability trend. Brands are using eco-friendly materials to craft sneakers, boots, and even dress shoes. Look for options made from recycled plastics, sustainable leather, or natural



Photography: Deepiyoti Bharali

7. Bold Prints and Patterns

Men's fashion is becoming more adventurous with bold prints and patterns. From floral shirts to geometric suits, these eye-catching designs can make a statement. Don't be afraid to experiment, but remember to balance bold pieces with neutral ones for a polished look.

8. Versatile Accessories

Accessories can elevate any outfit. Invest in timeless accessories like quality leather belts, stylish watches, and versatile bags. These items not only complete your look but also add a touch of sophistication.

9. Gender-Fluid Fashion

Fashion is increasingly becoming gender-fluid, breaking down traditional style barriers. Men are embracing clothing that challenges conventional norms. Gender-neutral pieces like oversized sweaters, wide-brimmed hats, and unisex fragrances are gaining popularity.

10. Customization

Personalization is a growing trend in men's fashion. Brands

are offering customization options, allowing you to tailor clothing to your preferences. Whether it's choosing the fabric, fit, or details, custom-made pieces ensure a perfect fit and style that's uniquely yours.

In conclusion, men's fashion is in a constant state of evolution, with trends that cater to various tastes and lifestyles. Whether you prefer classic, sustainable, or street-inspired looks, there's something for everyone. The key is to experiment, find your style, and express yourself through clothing. Remember, fashion is not just about following trends; it's about making them your own.

So, step out with confidence, embracing the latest trends that resonate with your personal style. Whether you're going for a relaxed tailored look, eco-conscious choices, or a blend of retro and modern elements, the world of men's fashion has never been more exciting and diverse.



Photography: Ajay choudhary



FESTIVE SEASON

Hairstyle & Makeup Look

By :
Saynash -Agrawal
Delhi.

The festive season is a time for celebration and so if you want to flaunt with your fashionable and stylish dresses then you need to do a perfect hairstyle and makeup that plays a significant role in elevating your overall look. Whether you're attending a family gathering, a holiday party, or a special event, your hairstyle should complement the occasion and make you feel confident and beautiful.

Classic Waves:

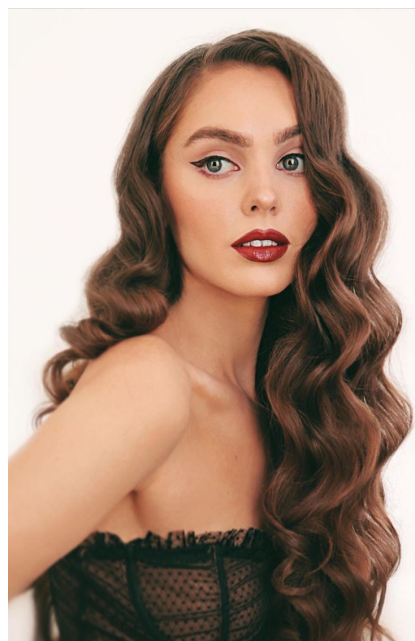
Classic waves are timeless and suitable for various festive occasions. You can achieve this look using a curling iron or a flat iron. Start by curling small sections of your hair away from your face, and then run your fingers through the curls to create soft waves.

Sleek High Ponytail:

A sleek high ponytail is a chic and sophisticated choice. To achieve this look, gather your hair into a high ponytail, secure it with a hair tie, and use a small section of hair to wrap around the hair tie for a polished finish.

Braided Updo:

A braided updo adds an elegant



touch to your festive look. You can create a braided updo by making two or three braids and pinning them into a bun at the back of your head. This style works well for formal gatherings.

Messy Bun:

For a more relaxed and bohemian vibe, opt for a messy bun. Pull your hair into a loose bun and let a few strands fall around your face for a carefree look. This style is perfect for outdoor gatherings and casual celebrations.

Half-Up Half-Down:

The half-up half-down hairstyle combines the best of both worlds. You can curl the top half of your hair for added texture and leave the rest flowing freely. This style is versatile and suits various festive events.

Makeup for the Festive Season -



When it comes to festive season makeup, the key is to enhance your natural beauty and add a touch of glamour. Here's a few steps to guide you for a stunning festive makeup look.

Prep Your Skin:

Start with clean, moisturized skin to create a smooth canvas for makeup application. Use a primer to help your makeup last longer.

Flawless Base:

Apply a foundation that matches your skin tone and blend it well. Conceal any imperfections with a concealer.

Eyes:

Most important to be done perfectly because the overall look is reflected when it's done neatly. Choose warm, festive eyeshadow shades like gold, bronze, or deep burgundy. Apply a neutral shade all over your lids, a darker shade in the crease, and a shimmering shade on the center of

your lids. Don't forget mascara and eyeliner to define your eyes.

Cheeks:

Add a touch of blush to the apples of your cheeks for a healthy flush of color. Opt for a highlighter on your cheekbones for a

Remember that the key to a successful festive season hairstyle and makeup look is to choose styles and colors that make you feel confident and comfortable.

radiant glow.

Lips:

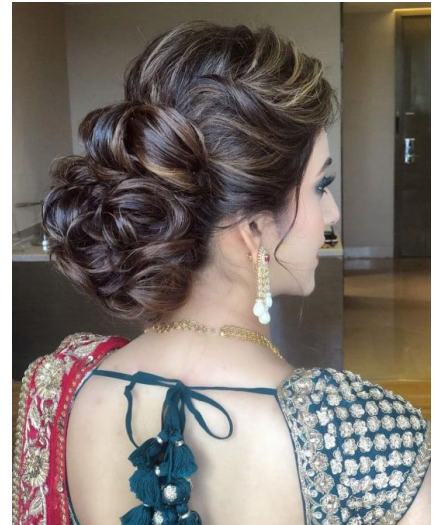
Red or berry shades are classic choices for festive makeup. Choose a lip color that complements your outfit and apply it with precision.

Finishing Touch:

Set your makeup with a setting spray to ensure it stays in place throughout the festivities.

Optional:

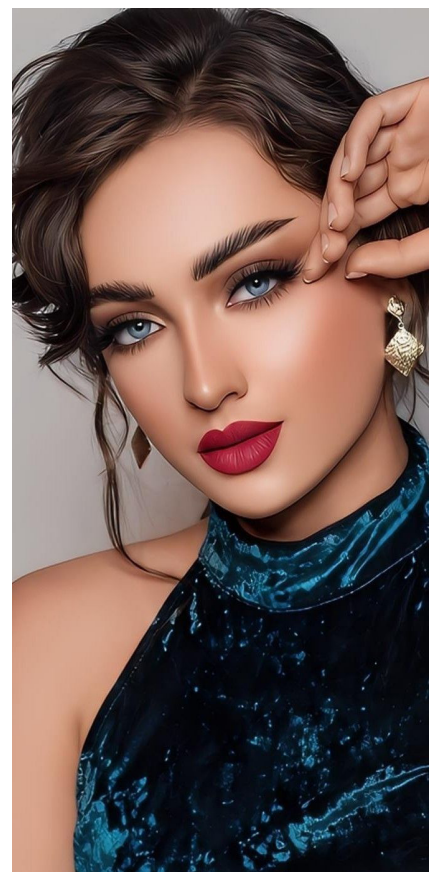
False lashes can add drama to



your look, especially for evening events.

Consider a bold eyeliner wing or a glitter eyeshadow for extra sparkle.

Experiment with different looks beforehand to find what suits you best and have fun and enjoy the celebrations.



Aura Style

"Style the way you like to be judged and let your fashionable and trendy looks keep the viewers in awestruck move."

Model: Isha Upadhaya



BRAND BAGS

ELEVATE STYLE

By:

Mary

Arunachal Pradesh
(Northeast India)

Elevate your fashion game with the timeless elegance and sophistication of top-tier brand bags. **Whether you're strolling through the city streets or attending a glamorous soiree, a well-chosen designer bag can be the ultimate accessory to make a statement.** From the iconic monogram patterns of Louis Vuitton to the luxurious craftsmanship of a Chanel classic flap, these coveted pieces not only exude opulence but also reflect your impeccable taste. Embrace the allure of brands like Gucci, Prada, or Hermes, and let their exquisite designs and impeccable quality complement your personal style, turning every outing into a fashion-forward affair. With a high-end brand bag on your arm, you're not just carrying a purse,

you're carrying a piece of art and a symbol of prestige.

Here are a few brands where ladies can opt for it and style up to give a perfect stylish look.

Louis Vuitton Speedy: The iconic monogram canvas and classic shape make it a timeless choice.

Chanel Classic Flap Bag: Known for its quilted leather and signature chain strap, it's a symbol of elegance.

Gucci Dionysus: Featuring the iconic GG canvas and a unique tiger head closure, it's a blend of classic and edgy.

Prada Saffiano Tote: The textured leather and clean lines make it perfect for both work and casual occasions.

Hermès Birkin: An epitome of luxury with its high-quality ma-



terials and craftsmanship.

Coach Tabby Shoulder Bag: A contemporary take on a classic design, it's versatile and stylish.

Fendi Baguette Bag: This iconic bag with its FF logo buckle is a fashion statement.

Dior Lady Dior: The quilted cannage pattern and iconic charms make it a must-have.

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Michael Kors Jet Set Tote: A more affordable option with a classic design and practicality.

Kate Spade New York Cameron Street Tote: Known for its clean lines and chic simplicity.

Celine Luggage Tote: Minimalistic design with a touch of luxury.

Burberry Check Tote: The classic Burberry check pattern adds a timeless touch.

Givenchy Antigona: A structured and elegant choice with minimalist aesthetics.

Yves Saint Laurent Loulou: Known for its matelassé leather and YSL logo.

Tory Burch Robinson: A classic style with the signature T-logo.

These are just a few options among many classic branded handbags available in the market. Remember to choose a bag that fits your personal style and needs while considering your budget.

Balenciaga City Bag: Known for its distinctive stud accents and slouchy shape.

Versace Medusa Stud Icon Shoulder Bag: Featuring the iconic Medusa head emblem.

Bottega Veneta The Pouch: A minimalist clutch with a gathered leather design.

Marc Jacobs Snapshot Crossbody: A compact and stylish option with a bold logo strap.

Longchamp Le Pliage: A lightweight and foldable tote with a classic silhouette.

Miu Miu Matelassé Shoulder Bag: Known for its quilted leather and playful details.



Chloe Faye: A chic and modern bag with a distinctive ring and chain hardware.

Salvatore Ferragamo Vara Bow Bag: Recognizable by its bow detail and logo hardware.

Alexander McQueen Skull Clutch: Edgy and iconic with a skull-shaped clasp.

Loewe Puzzle Bag: A unique and versatile design that can be worn in multiple ways.



Jimmy Choo Lockett Petite Bag: Known for its statement hardware and luxurious materials.

Proenza Schouler PS1: A versatile and casual option with a signature front flap.

Givenchy Pandora Box Bag: A structured and compact bag with a distinctive shape.

Stella McCartney Falabella Tote: Recognizable by its chain trim and ethical materials.

Furla Metropolis Mini Crossbody: A colorful and affordable choice for a pop of style.

These handbags come from various luxury and designer brands, each offering its unique style and appeal. Keep in mind that fashion trends and availability may change over time, so it's always a good idea to visit brand boutiques or authorized retailers for the latest options.





HOLISTIC FOODS & JUICES

The Natural Anti-aging Solution

By :

Brian La Cour

Author/writer /Entrepreneur
US.

In the quest for the fountain of youth, many turn to expensive anti-aging treatments like Botox and other invasive procedures. However, nature has provided us with a plethora of foods and juices that can help us maintain our youthful glow without the need for needles or surgery. The Power of Holistic Foods - Holistic foods are those that are unprocessed and unrefined, often organic, or locally sourced. They are packed with nutrients that are essential for maintaining healthy skin. For instance, berries, nuts, and seeds are rich in antioxidants, which combat the damaging effects of free radicals and slow down the aging process.

The vitamins and minerals in these foods also promote cell regeneration and repair, helping to keep your skin looking fresh and

youthful. For example, vitamin C is crucial for collagen production, a protein that gives our skin its elasticity and firmness. Foods rich in Vitamin C include citrus fruits, strawberries, and bell peppers.

Omega-3 fatty acids, found in fatty fish, flaxseeds, and walnuts, help keep the skin hydrated and plump, reducing the appearance of wrinkles. Meanwhile, foods high in beta-carotene, such as carrots, sweet potatoes, and spinach, protect the skin from sun damage and help maintain a healthy complexion.

The Magic of Juicing

Juicing is an excellent way to reap the benefits of holistic foods. It allows you to consume a variety of fruits and vegetables in one go, providing a concentrated dose of vitamins, minerals, and antioxidants. For instance, a green juice made from kale, spinach, cucumber, and apple is a potent anti-aging elixir, brimming with vitamins A, C, E, and K, all essential for skin health. Similarly, a juice made from beetroot, carrot, and ginger

can boost blood circulation, giving your skin a healthy glow. The hydration provided by these juices also contributes to skin health. Well-hydrated skin is smoother, more elastic, and less prone to wrinkles.

Holistic Foods vs. Injections

While injections do offer immediate results in reducing wrinkles and fine lines, it's a temporary solution that requires regular upkeep. Moreover, it involves injecting toxins into the body, which may have side effects, including pain, bruising, and occasionally, more severe complications.

On the other hand, incorporating holistic foods and juices into your diet is a natural, non-invasive approach to anti-aging. It not only impacts your skin but also contributes to your overall health. The nutrients you consume will help improve your digestion, boost your immune system, and increase your energy levels.

While injections and similar treatments may seem like a quick fix for aging, they are not without risks and do not contribute to overall health. On the other hand, a diet rich in holistic foods and fresh juices offers a natural, safe, and beneficial alternative.

Not only do these foods and juices provide the necessary nutrients for healthy, youthful skin, but they also promote overall well-being. So, instead of reaching for the Botox, reach for a glass of fresh juice or a handful of berries. Your skin and your health will thank you.

Remember, true beauty comes from within, and a healthy diet is the best way to let your inner beauty shine through.



OVERNIGHT OATS

B E N E F I T S

By: Dr Dipikaa A Bhatia

Director : BBE Healthy diet clinic and ADAN Healthcare

Founder :-Aas Ek prayaas ngo cancer awareness.

In addition to all the other goodness that comes just from consuming oats, overnight

oats are prepared and served cold which aids in digestion. Soaking breaks down starches which makes them easy to digest and gives you more nutrients than a heated bowl of oatmeal.

Also, if you're cooking a quick oatmeal breakfast using instant oats, then you're likely using a heavily-processed product that most probably contains artificial

flavors and preservatives.

So if you want to keep it healthy, make homemade oatmeal with rolled or steel-cut oats which will give you a nutritional boost that is not as processed.

Raw vs cooked oats:

Overnight oats are raw and offer a range of health benefits. The

oats maintain their vitamins and minerals – including manganese, phosphorus, magnesium, copper, iron and zinc – throughout the soaking process.

Because they're left to soak overnight, that means their nutritional value is retained, unlike in cooked oatmeal.

* Prefer "rather than just "raw". That's because most types of processed oats have been pre-steamed and heated in order to destroy potentially harmful pathogens. They do that to make the oats safe to eat raw .

Digestive benefits

The starch and phytic acid naturally found in oats are broken down when you soak them. This makes overnight oats more digestible than regular cooked oatmeal.

Oats also help in clearing out your digestive tract and have high fiber content.



Resistant starch

Oats are also high in resistant starch, which are carbohydrates that don't break down into sugar and that aren't absorbed by the small intestine. That resistant starch helps support a healthy gut.

This is why – most of the starch that we eat is quickly digested in the small intestine, with only a fraction surviving and passes

through to the large intestine.

The starch that escapes the small intestine and moves on to the large intestine acts as a source of food for the good bacteria in the large intestine that helps fuel their growth and also promotes positive changes in the gut, including protecting against certain diseases.

*Soaking oats decreases phytic acid better than if you just cook them. Phytic acid can prevent your body from absorbing key nutrients, so the less phytic acid, the better you'll be able to digest the oats.

*overnight oats are great because the oats are soaked and that reduces the phytic acid. But they seem to be missing the fact that you're still consuming the phytic acid since you're not rinsing it off after the oats have soaked.

Since you're not going to rinse the oats, and thereby rinse away the phytic acid, you're not going to get rid of it. But you can neutralize it!





To do this, add a splash of fresh lemon juice. You can also use apple cider vinegar, but I prefer lemon juice because you can't really taste it, and it doesn't alter the taste of the oats.

You need to let the oats soak for at least 12 hours if you want to neutralize the phytic acid.

It is also recommended to use warm liquid to soak the oats. Then you let it for 4 hours at room temperature, or even somewhere a little warmer than room temperature, before moving into the refrigerator for an additional 8+ hours.

If you are lazy then it's a good idea to soak oats, So this is a good compromise. Four hours is enough to allow some beneficial microorganisms to grow.

Overnight oats for weight loss :

This is a benefit of oats in general, but a great one. When you eat oats, they keep you feeling fuller

for longer. Which means you won't be stuffing your face with cookies mid-morning for some quick energy.

This is due to their high fiber content, and in particular, beta-glucan.

In addition beta-glucan can also increase levels of an appetite-suppressing hormone that also helps with appetite control.

Benefits of oats in general :

Nutrient dense – especially compared to a lot of other grains. They're high in vitamins and minerals such as folate, phosphorus, magnesium, manganese, iron, and zinc.

*Can help improve immune system –

*Can help improve blood sugar –

Promote healthy gut bacteria –

Rich in antioxidants –

Can help lower cholesterol levels – studies show that oats can lower LDL cholesterol, which is the "bad" type.

Can help decrease heart disease risk –

Can help lower chance of colon cancer –

These benefits of oats and preparing them properly is an important step of getting the most from them for a healthy Life.

So start oats in your diet for healthy living .



FACE of THE MONTH

Very gorgeous and beautiful
Model & Actress

Isha Upadhaya

1. Tell us in brief about yourself.

- Hi, I am Isha upadhaya, 22years old from Assam. Professionally am a model and an actor. I love to travel to different places and get in touch with their cultural vibes, love dancing and sometimes in my sphere time love to be in the midst of the flowers in my garden and take care of them.

2. Like to know little more about your passion and your new projects.

- Talking about about my passion I had a dream of becoming an actor since childhood, grew up with that passion in my heart and today with the blessings of Almighty, I'm here today following my dreams .I have acted in a few popular TV serials of Assam in different lead character roles and my upcoming projects are coming soon and to know that you'll have wait a little longer.

3. What is more important for you passion or profession or an academic degree ?

- For me, I regard all the three as equally important as like people need air and oxygen to breathe to live life.

Passion is the interest of a person that attracts to achieve your dreams and ofcourse whenever you are so passionate and love your work so much you should make that your profession because when your passion

becomes your profession, no one can stop you and it's the greatest satisfaction that one can get in living a peaceful life .And an academic degree is most important above all because I feel it's only education that teaches one how to live life in a dignified way .

4. What made you to decide to go into the acting profession ?

- My dreams and my passion about becoming an actor one day and slowly focusing more on that part with great effort has compelled me to choose my career and latter to profession. I always wanted to be a little different from others, I grew up watching Bollywood movies, dancing in romantic song's watching heroines wearing beautiful costumes, dancing in the rain, playing different characters, beautiful locations in the movies, all this arouse my interest and began to realise the actress within me.

5. What is your view point of the line "being beautiful in your own skin".

- Feeling happy and confident in who you are being comfortable in your own skin means knowing who you are and accepting yourself, if you're not comfortable in your skin and your body then how can you expect to become comfortable around others!!

6. What are your future plans ?

- well, I like to go with the flow more than making plans but yes I want to achieve all my dreams and become a successful and famous artist one day.

7. Your views on Modelling and Fashion.

- For me fashion is something that makes you feel confident about your personality, I'm very choosy about my fashion and style , I see fashion in everything...fashion is not about wearing designer or branded clothes it's all about how you carry little things in a comfortable and presentable way.

8. How do you feel being part of Mystic Aura calendar '23.

- It's been years I'm working with Mystic Aura and it's always a pleasure and fun working especially with Mystic Aura team. Am very much thankful & grateful to the team. Hope will continue this journey with them willing to work together again in coming days soon. Thank you .





B Aura Beauty

*"Where words
are restrained,
the eyes often talk
a great deal and
explain a lot"*

Model : Pinky Das

Wardrobe: studio6
Makeup: Manash Rabha
PC: Dipankar Borah

Aura Beauty

(BENGALI LOOK)

Model : @pihu_dey_official

Makeup artist : @nenika_saha_
makeup_artist

Wardrobe : @tuku_tuku

Photographer :@rohit_official_click





INDIAN TRADITIONAL WEAR

SAREE

By :

Venessa Jacqueline D cruz,
Singapore.

Saree is a traditional dress of women in India & also around the world. It has a rich history going back almost 300 years. In India, you can see how elegant and feminine a saree makes a woman when she wears one. In fact, a lot of women in India wear saree throughout their lives.

“It’s comfortable to wear and manage and rural women in India wear them for hard physical labour. My mother lives and breathes in her saree 24 hours a day, 365 days a year. My grandmother’s generation even swam in a nine-yard sari!” -

I myself have tried to use a saree for one whole beautiful day and I know why one do not want to remove it. In certain parts of the world, sarees are worn for their elegance and more non-Indian women are wearing them.

Traditional Sarees worn in India-

Kanjivaram Silk Saree - Tamil Nadu

The Kanjivaram Silk Saree is a traditional silk saree of India from the state of Tamil Nad. It is made of pure silk. The saree is popularly worn by brides in South India and is known as Bridal Kanjivaram. It is don with gold and silver threads, which

makes it look very rich and luxurious. The Kanjivaram Silk Saree was originally worn by the royals on special occasions.

Banarasi Saree - Uttar Pradesh

Banarasi Saree is one of the traditional Indian dresses from the different varieties of sarees available that are worn by women. It is also known as the "Punjabi saree". The term Banarasi is often used to refer to the saree

made in Varanasi, Uttar Pradesh. The saree is usually made of silk, georgette, tussar, organza, chiffon, and cotton. The saree can be draped in many ways and can be worn with blouses that are often have motifs that feature flowers or birds.

Nauvari Saree - Maharashtra

Nauvari saree is a traditional Maharashtrian saree worn by Indian women in Maharashtra



state. The sarees are woven with pure silk and cotton thread in a fine weave and are often embellished with zari, embroidery, lace, and mirror work. The weavers introduce new fabrics and patterns every year to keep up with the changing times.

Nauvari means nine-yard in the Marathi language. The Nauvari Saree is a nine-yard saree with a blouse and It can worn on any occasion especially for weddings or festivals.

Muga or Golden Silk Saree - Assam

Muga silk, originating from Assam in northeast India, is renowned for its exceptional quality and rarity. What sets Muga silk apart is its stunning natural golden-yellow hue, which remains unchanged over time.

Muga silk has been woven in Assam for centuries, making it an integral part of Assamese culture and tradition. Assamese people wear Muga silk gar-

ments, such as Mekhela Chador and Gamosa, during festivals and special occasions, symbolizing cultural pride.

During Bihu, Assam's most celebrated festival, Muga silk plays a central role in traditional dance and attire. Muga silk is a source of pride for Assamese people, symbolizing their distinct identity and rich heritage.

It holds significant cultural and economic importance in Assam and continues to be highly prized in the world of fashion and textiles.



Phulkari Saree - Punjab

Phulkari Saree is one of the many Indian traditional sarees of Punjab. It is a handwoven saree with gold and silver thread embroidery. It is woven with a mix of cotton, silk, and gold or silver threads. The phulkari pattern is usually woven on the sarees in the border and usually consists of flowers, leaves, vines, creep-

ers, and other natural motifs.

Kota Saree - Rajasthan

Kota Doriya sarees are traditional Indian sarees made of pure cotton and silk and feature square-like patterns called khats. Its special hand-weaving technique makes the fabric extremely light, airy, comfortable, and soft and gives a glossy finish. Kota Doria has all these characteristics that make it the top choice for summer wear, and its grace makes it part of the fashion world.

The Saree is elegant, feminine and can be both traditional and modern. Many have been passed down from generation to generation, and it is still very much worn today in Singapore.

Saree's will never go out of fashion. Sarees last long and they haven't gone out of fashion," said the 47-year-old, whose husband is a PR. "And they work whether I put on or lose weight, so they never get retired from my wardrobe, except when I give them away. Some get recycled into curtains, skirts and quilts for my nieces."



Photographer:
Karthik Shankar (comesutra)
Model: Vaatsalya
Curated by: Faheem & Parmesh
(creation house)
Stylist: Jackie Besterwich
Jewellery by: Kesar Jewels





PEACE OF MIND

Find it! Keep it!

By:

Dr. Nikhita Nagar

Celebrity Dental Surgeon,
Behaviour therapist

President: Being Caring
Organisation

In a frantic world, a peaceful mind might seem like a friend you rarely have the chance to catch up with. But finding peace of mind is possible.

A peaceful mind and life may start with becoming intentional in all you do.

Peace of mind, also described as inner calm, refers to an internal state of tranquility. When you have mental peace, you might feel:

- at ease within yourself

- a sense of self-compassion unruffled by day-to-day worries prepared to welcome whatever life tosses your way

- You might assume you can only find peace from within when you're finally completely free of troubles, but that's not the case.

In fact, it often works the other way around.

Feeling at peace internally can boost overall contentment and feelings of happiness, regardless of the challenges you face.

A relaxed and calm outlook can help you navigate life's often-turbulent waters more smoothly.

Finding peace of mind isn't as challenging as it seems. You can

find peace of mind by:

accepting what can't be controlled

- forgiving yourself and others staying focused on the here and now

- going within

- journaling your thoughts and emotions

- connecting to Mother Earth

Consider these tips anytime, anywhere, to get started:

1. Accept what you can't change or control

You can't actually control your mind and simply tell it, "Be more peaceful" — just as you can't control life.

Life is unpredictable. From time to time various challenges will

surface, complicating your daily routine and leaving you anxious, drained, or even afraid.

It's entirely natural to worry about a parent's illness, or feel dismayed and angry by your recent job loss. But when you fixate on those feelings, they can eventually take over, disturbing your peace and making it more difficult to cope.

Ignoring those feelings to just get on with things generally doesn't help, either. Suppressed emotions can intensify, leaving you far less calm down the line.

Acceptance, on the other hand, often does make a difference. Research shows that accepting your own thoughts and emotions is an effective strategy.

You can also practice cognitive reframing by reminding yourself:

"What's happening right now won't last forever. In the meantime, I'm doing my best."

"This is a tough situation, but I can get through it."

"I feel miserable right now, but I won't always feel like this."

It's natural to want to turn away from pain, so it can take time to get in the habit of acceptance. But as it becomes more natural, you'll likely find yourself feeling more at peace.

2. Practice forgiveness

Feeling hurt, even angry, when someone wrongs you or treats you unfairly is an understandable (and completely natural) response.

Yet holding on to grudges or



slights won't do much to help you find inner peace.

Nursing feelings of anger, disappointment, or resentment takes up plenty of emotional energy and can contribute to physical and mental health symptoms, including:

- poor heart health
- sleep problems
- stomach distress

- depression
- anxiety

Forgiveness doesn't just benefit the person you forgive. It could do even more for you, in the end. Self-forgiveness is also essential.

That goes for your own actions, too. Going over and over past mistakes won't erase what happened, but it can leave you mired in self-blame and regret.

Your next steps toward a more peaceful mind involve offering yourself compassion and letting go of guilt and shame.

3. Practice mindfulness meditation

Acceptance proving more difficult than you imagined? Sometimes a guiding tool can make it easier to let go of distressing thoughts.

Why not give meditation for peace of mind a try? Some of the many potential benefits of this ancient Hindu practice include increased self-awareness, reduced stress, and positive brain changes.

Evidence suggests mindfulness meditation, in particular, can promote greater awareness of the present moment, whether it brings joy or pain. In general, it helps you cope with emotional distress.

Mindfulness makes up an important part of Buddhist meditation. Buddhism itself holds inner peace as an essential aspect of well-being.

If you're familiar with the concept of nirvana, you might know it's often used casually to describe a state of euphoria or bliss. In Buddhism, though, this ultimate goal does reflect a type of inner calm — the peace that arises in the absence of suffering and desire.

Both focused meditation and increased mindfulness can indirectly help you acknowledge, accept, and let go of the physical and emotional distress that

might otherwise stir the waters of your mind.

With a regular meditation practice, this acceptance can go a long way toward promoting lasting mental peace.

4. Make time for yourself

While too much time alone can lead to loneliness, spending just the right amount of time on your own could benefit your well-being and lead to finding peace in a frantic world.

Setting aside space for solitude can promote some people's deeper sense of contentment over time.

Why try solitude?

Solitude offers the chance to:

- reflect on personal values
- explore your self-identity
- reconnect with your needs
- reevaluate your boundaries
- embrace your creative side
- enjoy your hobbies and favorite pastimes
- start a meditation practice

Any of these activities can boost peace of mind in daily life by helping you recharge, relax, and focus on your personal needs.

5. Keep a journal

Maybe an English teacher assigned daily journal entries. You completed the exercise grudgingly at first, but with more enthusiasm and commitment once you realized putting your feelings on paper did, in fact, provide you with a different perspective.

Journaling can help you process and express emotions you might otherwise keep inside.

Writing, of course, won't get rid of your troubles. But you might find that committing them to paper helps ease some of their emotional weight and transforms inner peace from an exception to more of a rule.

6. Get back to nature

Do you head for the trees (or the seas) when you need some rest and respite from the daily grind?

An abundance of research backs up your instincts: Natural environments, green spaces in particular, can ease emotional distress and foster feelings of inner calm and peace of mind.

Spending time in nature can help you have peace of mind by:

soothing worry, anger, or fear
easing stress and promoting relaxation

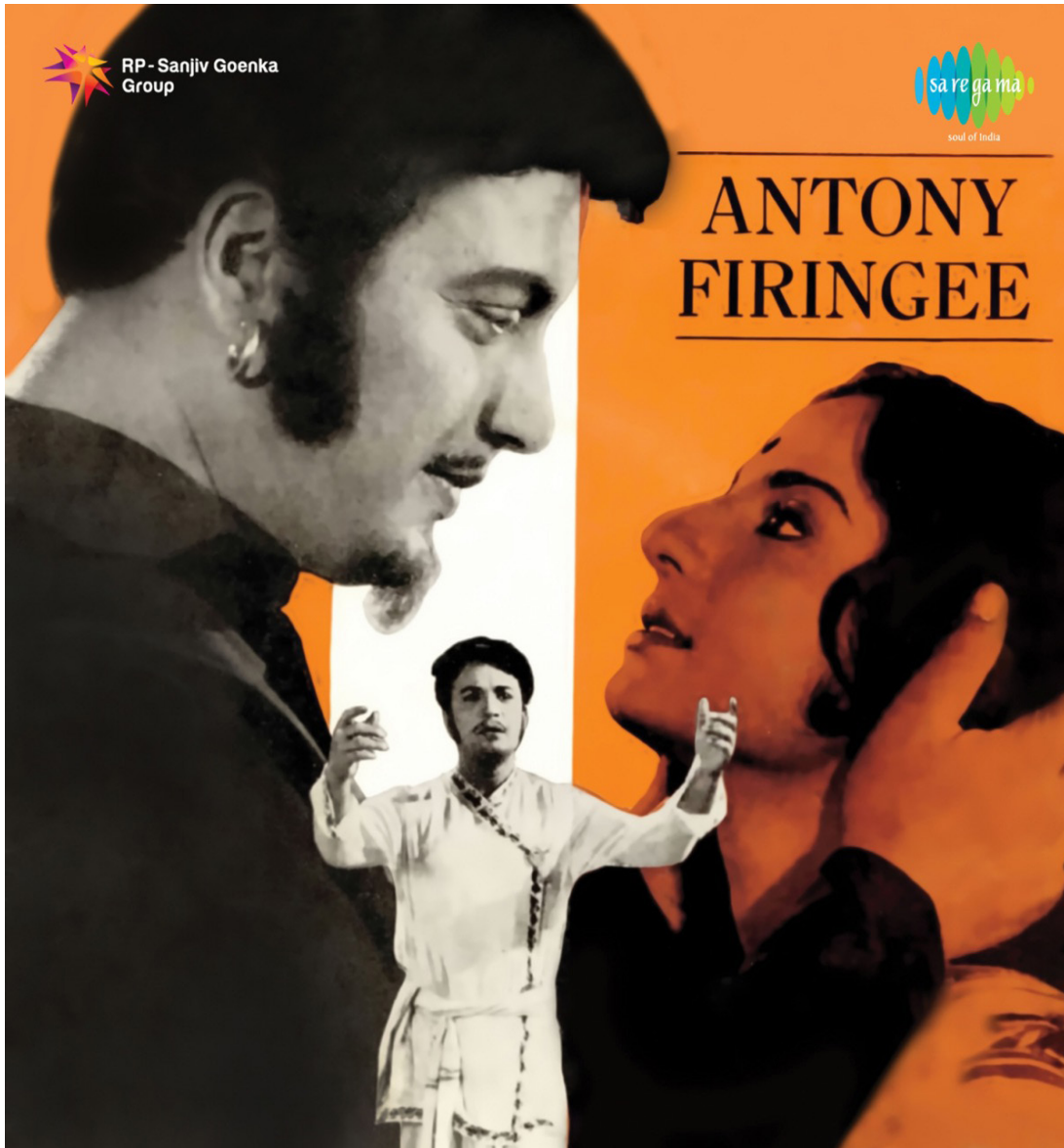
lower your risk for depression and other mental health conditions

enhancing feelings of kindness and social connection

improving concentration and focus.

While greater mental and emotional peace is possible for anyone, it may not happen overnight. Offering yourself kindness and compassion along the way — while remembering that patience also plays an important part — can make all the difference.

Keep smiling! Much love!



ANTONY FIRINGEE

Bengali Film

(A review)

"Ya Devi Sarva Bhuteshu Shakti-rupena Samsthitha".

By :
Dr. Dipsikha Bhagawati
Film Critic, Translator &
Creative Writer Member, Film
Critics Circle of India
www.mysticauramag.com

With the advent of Autumn, the vibes of power of Maa Durga creates a pious radar. Worship of power has been portrayed as

a signature subjective camera in many Indian films, especially in Bollywood and Bengali films in multiple dimensions - as allegorical motifs, as montages,

as clear symbol of power and sometimes to expose the schism of man to divide God for the exercise of exploited force. Indian screen has been a mighty canvas to explore the holy flamboyance of this diasporic heritage. Screenwriter and director Soumik Sen says, "The pujos have been used as motifs in Bengali cinema very often. Utsab, Joi Baba Felunath, Bishorjon (2017), Nayak (1966) and Bela Seshe (2015) are some examples of how differently and beautifully the festival has been merged into the story. In Hindi films, Kahaani and Devdas come to the mind when one thinks of weaving in the celebrations of Durga Pujo into the story. The difference lies in the way the festival has found its place across popular cultures from the West to the East."

In January 1967, the Bengali film Antony Firingee was released (Directed by Sunil Bandopadhyay), starring Uttam Kumar as the lead character, Antony opposite Tanuja. Tanuja played a Bengali widow - Saudamini, whom Antony married despite being excluded from his own community. Uttam Kumar won the National Film Award for Best Actor for his performances in Antony Firingee. The film was based on the novel 'Kabiyal Antony Firingi' by Madan Bandopadhyay. These two sources say that Antony, a Portuguese origin singer arrived in Bengal in the early



nineteenth century and later settled in Farasadanga in the city of Chandannagar in West Bengal. He also learnt Bengali well to compose songs about goddesses Durga and Kali. The centuries-old huge palace of the Mandal family in Chandan Nagar was the workplace of the great Antony Firingi. Antony, who is famous for his "Agamani" songs (sung at the beginning of Durga Puja) performed the same at the Mandal family on the occasion of Durga Puja. Mandal's family owned a salt business and Antony worked in their salt warehouse as a manager. The Mandal family was closely associated with that great personality, and even the room where Antony used to croon in their palace is still preserved, but no photography is allowed there. People say that still one can feel the divine melody of the Agamani song when enters into the palace. While he was on his way to give the best performance of his life, religious miscreants set fire to Antony's

house along with an idol of Durga. The fire also tragically burnt Saudamini. Antony took the body of his beloved wife in his arms and asked, "Was it really necessary?" This question of Antony is not the personal or a temporal query of an innocent poet, but a historical question to the power seekers for centuries in a secular country like India in terms of constitutional security and questions the collective conscience. With star studded alchemy, tailored storytelling and sharp haunting music by Anil Bagchi, Antony Firingee is an ever- contemporary brilliant addition to the rich archive of Bengali cinema. A melting pot of different linguistic, cultural and religious feelings, Indian cinema has its own heritage. Specially films made in different languages depicting festivals rooted in their own language and culture have always been carrying the inner root of a nation and functioning as a paradigm of socio cultural integration inter alia.

Men's Style

Model:

Rohit Gupta

Photographer:

Kaushik Brahma



*"It's not
about the
clothes you
wear; it's
about the life
you lead in
them."*

Men's Style

Model:

Prakash Basfore

Photographer:

Kaushik Brahma



*" Fashion
is the art
of self-
expression
through
clothing."*



Festival of Art and Heritage

Chalachitram National Film Festival

- Mystic Aura Report

A seven-edition of Chalachitram National Film Festival kicked off in Guwahati on 9th & 10th September '23, with all the pomp and fervor befitting a celebration of art, culture and heritage through film. It is well established that this annual event, operating under the banner of "Our heritage Our pride" has evolved into a prestigious platform for showcasing a diverse array of films which delve deep into the rich cultural heritage

of India.

In the beginning, the festival was inaugurated by none other than Dr. Piyush Roy, the esteemed dean of film studies at RV University, who lit the sacred lamp that symbolizes enlightenment and auspiciousness for the festival. The Festival Director, Utpal Datta was unable to contain his excitement as he witnessed the profound effect of the festival in the igniting of a creative spark in a whole new generation of filmmakers. In order to explore the multifaceted layers of their rich culture, they weave fictional and factual narratives through the cinematic lens as they explore the

multifaceted layers of their rich cultural history.

The artistic director of the festival, Christopher Dalton, stated that "the soul of a civilization resides in its heritage," emphasizing the central importance of preserving and celebrating cultural roots as the backbone of a civilization. This celebration of India's diverse heritage comes to life through the magic of cinema offering audiences a window into the heart and soul of the nation's rich heritage through the lens of a film.

This festival featured a captivating session led by Rahul Rawail, the director of the most popular

films like Love Story, Betab, Arjun, etc and advisory board member, who provided advice on the film industry during the festival. During Rawail's workshop, he generously shared valuable insights and techniques with aspiring filmmakers, empowering them with the guidance and wisdom needed to excel in their craft and succeed. Rawail also unveiled 'Past Revisited,' a book by Prantik Deba that takes a deep dive into the cinematic heritage of Assamese cinema in a symbolic gesture of his support for the festival's theme of heritage.

The festival's curtain raiser was an engrossing dance video in-



terpretation of the song 'Vande Mataram' by well known satriya dance artist Prerona Bhuyan, which set the scene for the cinematic journey that lies ahead before the silver screen was lit up with the magic of cinema. One of the highlights of this year's festival was the premiere screening of Prabal Khaund's film PRABAHINI, a project directed by the Vice President of the Chalachitram Society, Prabal Khaund.

The festival boasted a distinguished 3-member Chalachitram Grand Jury, which awarded several prestigious awards to the participants of the annual short film competition. The highly sought-after Best Film award was presented to Dhrubajit Baishya's 'Kameez,' which has been lauded by jury member Piyush Roy for its ability to "celebrate solitude and create empathy through space and time-lapse." Biswajit Das's excellent direction in the film 'March brought the Best Director award for him.

Gunjan Kashyap was rightfully honoured with the Best Screenplay award for 'Home Brews: Struggles for a Tradition'.

As part of the festival, budding talents within the industry were recognized. The remarkable performance of Rajveer Pardeshi

in the film 'Chirbhog' has been recognized with a Jury special mention for the Best Child Actor. In addition, Sumedha Bhattacharyya's captivating and surreal cinematography in 'Mau: The Spirit Dreams of Cheraw' bagged the best cinematography award.

In addition to the Best Film from Northeast India Award, Pranab Sarmah's 'Mukha: The Mask' received another special accolade. According to jury member Meghachandra Kongbam, the film is more than just entertaining; it highlights the rich tradition of Mukha art in Assam and demonstrates the skill and artistry of the craftsmen who create these masks. This act is intended to serve as a beacon, bringing attention to this unique art form and its potential to captivate both local



and international audiences.

In addition to the Grand Jury Awards, House of Illusions, an indie film studio committed to supporting emerging filmmakers, introduced its own set of honours. 'Kaankhowa,' directed by Hira Das, a film that boldly exposes the evils of collective oppression, clinched the House of Illusions Award for Best Short Fiction Film by a Woman Director. Bobbeeta Sharma's 'Jnanada: Reflections of Light and Shade,' which delves into the early years of Assamese cinema through the life story of its pioneering actress, Jnanada Kakati, was bestowed with the House of Illusions Award for Best Documentary by a Woman Director.

In essence, the Chalachitram National Film Festival goes beyond mere cinematic events. Since its inception in 2017, this annual event has continuously aimed to raise awareness and showcase the uniqueness and richness of India's heritage. It has succeeded in making India's cultural heritage a source of national pride through the medium of cinema. Every year, it continues to highlight the profound connections between art, culture, and heritage.

B Aura Beauty

NORTHEAST

Model:
Preeti Dasgupta

*Like the sunrise over
the eastern hills,
she embodies the
exquisite beauty of
the Northeast, a
true natural beauty of
Assam.*

SEIBU

THE NIGHT RAIN LOVE AFFAIR

I love the night rain
Leaves and branches bathed in the rain
Damp with sweetness of the mysterious raindrops.
Creating an abstract piece on the nature's canvas.
The soothing fragrance of the night air with the rainy
moisture is a thrilling experience.
The music of the raindrops at night has a different tune.
Breaking the silence of the night .
Softening and soothing the tired nerves and soul.
Lulling me to sleep.

MONALI BHUYAN



Per Night -500

(Part -4)

By :

Momi Nath
(original Assamese version)

Translated into English
(Mystic Aura).

The next day, after the children went to school, Pankaj visited their house. As soon as Pankaj entered in, Mrs. Bora too came in and tried to listen carefully to what conversation was going on inside between Rita and Pankaj.

Pankaj said : "The party that came today is from Arunachal Pradesh. He is a member of an ex-minister family.

Rita, you must leave early. "- -

"For how many days ? "- Rita asked.

"As long as they stay in Guwahati, they will need an active person like you. I have taken the payment in advance for this week. I'll not give you now. I'll deduct it from the money I took yesterday."- Pankaj said.

Rita said : "it's ok".

The longer they stay, better for me. Will there be anyone like you? I need more people. If they like our service, more clients will be coming forward. I think I will be able to give service to the clients' in their homes from next month. Then I will charge an hourly fee. " Pankaj said.

" Oh, let's not dream so much. If you increase my money, I'll get you two more girls." – Rita said.

"See, she is trying to bring another girl with her, beat her even this one

too, he's a broker," Mrs.Bora shouted as she entered Rita's drawing room and a group of people too followed her along with the media person and started hitting them. Pankaj and Rita didn't notice this as it happened on all a sudden.

" Why are you all beating us? " – Rita asked.

"So you have now made an open market for selling girls. Where do you always go at night?

This broker always takes you with him." - Mrs Bora slapped Rita and said.

They dragged Pankaj to the porch and tied him in a pillar. Few of the ladies of their area too caught Rita by her hair and dragged her out to the porch.

Avinash was in the bathroom when



it happened and when he came out , saw the situation and tried to stop the people. As soon as a camera man saw Avinash he turned the camera towards him and a man in the crowd saw this and he started beating Avinash and he fell on the ground. When two other men saw , they also came and started to kick and hit Avinash. After a while, a terrible atmosphere prevailed over there. Fifteen to twenty people were there beating the three helpless people. The reporters have taken photos , video and recordings. A journalist is covering the whole incident.

"What you see is a shameful incident in today's civilized society. This woman is running a prostitution business by renting this house. This is a broker, as according to neighbours, this is the man who takes this woman on his bike in the evening. The woman seems to be a polite woman but who has been involved in prostitution business from a long time. The woman's husband is disabled. Maybe she stepped into this dirty world to feed her husband and two children and this broker is taking advantage of such situations."

"Don't hit , don't beat us , we haven't done anything wrong. There is nothing wrong with that.

You have misunderstood us." -- Rita said pitifully.

Hearing Rita's word, Mrs Bora has slapped her again.

"Someone please inform the landlord " – shouted from the crowd .

Another man from the crowd said - " Didn't you report it to the police?"

"I have informed the police and the owner – Mrs Bora said. The owners and the police had already arrived. The police rescued Rita.

"Do you know for sure that this woman is involved in prostitution ." - Mrinalini Dutta asked the reporter.

We have been told by the neighbours." - The reporter said .

"Ask these neighbours only ,is there anyone who will be able to give you proof.

Can you do it ? "– asked the owner Pawan Dutta.

"What is there to prove when you can always see this broker (Pankaj) in the evening coming in bike and she goes out with him in the evening ." – said a neighbour.

" Do you mean when you go out in the evening you're involved in prostitution business. "

-- Dr. Mrinalni asked the man with wide eyes.

"Sister you want to save this wicked lady for money, Is it? "--- another man from the neighbour said again.

"Just shut up. Lock the gate and call the SP and say that we will need more police and women police too " -- Paran said to Mrinalini.

Her husband, Paran, closed the huge iron gate in the compound of the rented house. The people looked at Paran and Mrinalini in utter surprise.

" What are you doing ? " – asked Mrs Bora.

"You get ready to go to jail. " Paran told Mrs Bora " What do you mean? " – Mrs Bora said.

" Get ready to go to jail. You are the leader of group violence, moral police. Whatever is happening is just because of you. Gang beatings are punishable by law. How did you get the right to take the law into your hands? "- Mrinalni said.

Mrinalini caught Rita in her hand and pulled inside the house and made her sit down in a chair. She brought her a glass of water and gave her to drink. Paran Dutta also said Avinash and Pankaj to go and sit inside. Mrinalini gave them water to drink . The police being outside waiting

(To be continued in Nov. edition).



AURA MEN'S
Fashion

Model:
Sanju Ray

Photography:
Kaushik Brahma



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events & entertainment

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