

The Healing Oshun



InSight A glimpse within



SANGEETA DASGUPTA

THE HEALING OSHUN

Monday, January 1, 2024



Best Wishes

Happy New Year 2024!
May this year be filled with
joy & love for all!!

Find our Founder's
Blessings & love on the
next page.

About Sangeeta Dasgupta

Sangeeta Dasgupta, the vibrant force behind The Healing Oshun, wears many hats as a Mind Body Spirit Coach. She's not just a Coach and Director - Peer Coaching and Mentoring for the Delhi Chapter in The International Coach Federation but also a Learning & Development Consultant, a Clinical Hypnotherapist, Trainer and an Aura Reader . Her vision is to create a revolution of good health and happiness in a sustainable environment of kindness and love.





Message from the Founder

Dear Readers,
Greetings for the New Year 2024. It is the year of Saturn - Harbinger of good Karma. We at 'The Healing Oshun' pray for our country and the planet to be an ocean of good health and happiness.

Today we bring our newsletter to you again in a new Avatar. I am writing to you all from the holy land of Kainchi Dham, at the ashram of Neeb Karori Maharaj ji.

It is the most divine place I have ever experienced in the Himalayas. 'Divine' is defined in the book 'I and my Father are one' by Rabbro Joshi to be everything that validates purity. The moment you come in contact with the Divine, you are filled with joy and the ignorant in you becomes inert and powerless.

This newsletter is an offering to help connect to the divine within. The more we connect to the light within the clearer our paths become. 'The Healing Oshun' was founded by my husband Amlan and myself with a vision of creating a community of people who are devoted to being their unique contributions towards health and wellbeing.

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I invite each one of you to be a part of it wholeheartedly and contribute your articles, therapies, music and anything and everything that can serve humanity. The intention is to raise the consciousness of the planet by spreading love and kindness, service and sadhana to one and all.

Namaste & Stay Well



Our Services

Healing Oshun is a serene space providing therapy, training, and coaching for holistic well-being. We offer diverse approaches, including art therapy and hypnotherapy. Training programs and coaching sessions empower individuals for personal and professional growth. At Healing Oshun, we create a supportive environment, fostering a community where individuals embark on their unique journey to wellness and fulfillment.

January Affirmations

- I believe in myself as I give and receive unconditional love.
 - I have cultivated peace and happiness within myself.
 - I welcome the fresh start that January brings into my life.
 - I am a magnet for success, joy, and abundance in this new year.
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- I am open to receiving all the blessings and opportunities that January has in store for me.
 - I am surrounded by the energy of renewal and transformation throughout January.

Let's Meet the Writer of our Blog for the Month!



Bhavya Dutta is a budding psychologist & a content writer. She has been in admiration of the mind and behaviour in contrast with social topics. While her happy aura consists of dancing, she also likes to share her thoughts and knowledge on mental awareness on a humanitarian basis. She feels that as a community we've progressed a lot but much is still left. She truly hopes that her thoughts make you believe or at least initiate an understanding of the importance of mental health.

BACK TO SQUARE 1 CAN BE BEAUTIFUL TOO!

The title may seem like a lecture on failure and how to stand up again , does it? Well maybe but it may not be that boring.

So, there is this movie by John Carey 'BEGIN AGAIN' (PIECE OF ART) maybe in movies everything moves fast and life seems to be easy and people breakup and loose jobs but always easily begin again! It all seems very easy but it isn't. No matter how much you are confident to face troubles every morning and start again everybody has a fear to fail a certain task, but what haunts us the most is the fear to start all of it again, gathering all the courage, vibes, stamina , materials to run that thing again and specially our old self.

Not everybody can trust, love or have the courage to do some things again, but this is to the people and me too, who think getting back to square one is not good, IT CAN BE BEAUTIFUL SOMETIMES, maybe there was something you missed on the first try and it would now make the whole thing so different, maybe it needed that one just that one spark which didn't click you earlier, but think of it as a new beginning offered by the universe and now a new beginning will release whatever that caused not to work up to your potential, focusing on the present is the best because now you already know even if you fail again this time, you can again gather together your pieces and make a gorgeous result out of it as giving up on situations due to few circumstances can lead to people do not look for new perspectives and positive attitude in life.

Moving on from something can be tough, and it can be tough and make you self introspective, question, or doubt things but that feeling of finally letting something go and realising what didn't serve you the best.

In return for your optimistic approach to life and that one light you saw and caught and darkness can provide you with a whole new beginning and your best version.

It's easier said than done and Maybe this seems too optimistic to start with but believing what power you and your driven subconscious holds is so empowering! Let's know and understand that every end brings a new beginning with it ❤️

-Bhavya Dutta

Celebrating 2023



ICF BOARD



ANGEL THERAPY



ART THERAPY

In 2023, Healing Oshun hosted a series of transformative workshops, including Art Therapy, Hypnotherapy, coaching, Angel Therapy, and more. These sessions became a catalyst for profound self-discovery and holistic well-being, fostering creativity, resilience, and divine connection. Grateful for the enriching experiences, our community thrived, weaving a tapestry of healing and gratitude.

Celebrating 2023



The Energy Space



Coaching



The Healing Oshun →

The Healing Oshun: Mental Wellness Community

The Healing Oshun is inviting therapists, coaches and psychologists to join a supportive community while providing their services either in-person at our energy space in Gurugram or through online sessions. This initiative aims to create a holistic and nurturing environment for both professionals and their clients, fostering personal and professional growth in the areas of physical, emotional & mental well being.

By adopting this business model, The Healing Oshun aims to create a synergistic community of therapists, coaches and psychologists, offering a blend of in-person and online services under a reputable and supportive brand. They can become a part of the community and work on a client basis, giving some amount of each session to the Healing Oshun.

Our Specials

- Therapists have the option to utilize the energy space in Gurugram for in-person sessions. The Healing Oshun provides well-designed and calming therapy rooms equipped with necessary facilities.
- The Healing Oshun will offer clients willing to seek online therapy to therapists who conduct virtual sessions.
- We will actively market therapists within the network through our website, social media and other activities.

JOIN US NOW!



[CLICK HERE!](#)

To Register Yourself & Join our Mental Wellness Community as a therapist, psychologist, coach or counsellor.



Upcoming Workshops

- 20-21st January: Art Therapy Part 1& 2
- 1st February: TaiChi & QiGong
Subscription basis
- 3-4th February: Level 1, Clinical Hypnotherapy
- 7-11th February: Level 2, Clinical Hypnotherapy

Thank You!

Thank you for allowing us to be a part of your journey, for embracing the stories, insights, and updates we share. Your continued support fuels our passion to deliver quality content that matters to you.

Your feedback and suggestions will be invaluable, and we are dedicated to enhancing your experience with each edition.

Social Media



[sangeeta.thehealingoshun](https://www.instagram.com/sangeeta.thehealingoshun)



[facebook.com/sangeetathetransformationcoach](https://www.facebook.com/sangeetathetransformationcoach)



[Free ANGEL THERAPY MASTERCLASS](#)

Concept & Design

-Sparshika Tripathi

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more Information:*



SANGEETA DASGUPTA

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www.sangeetadasgupta.in



support@sangeetadasgupta.in



[linkedin/sangeetadasgupta](https://www.linkedin.com/company/sangeetadasgupta)



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