

The Healing Oshun



InSight A glimpse within



SANGEETA DASGUPTA

THE HEALING OSHUN

Thursday, February 1, 2024



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.

Best Wishes

WARM GREETINGS AS WE WELCOME THE MONTH OF LOVE & RELATIONSHIPS

FIND OUR FOUNDER'S BLESSINGS & LOVE ON THE NEXT PAGE.



01/01

NEW BEGINNINGS 2024



Message from the Founder



DEAR READERS ,
GREETINGS FOR THE ONSET OF THE
NEW ERA WHERE SPIRIT OF ONENESS
AND LOVE EXIST. AS WE STEER
FORWARD IN THE SECOND MONTH OF
THE YEAR WE HAVE ALREADY
WITNESSED ONE OF THE HISTORIC
EVENTS OF THE "PRAN PRATISHTHA"
CEREMONY OF "RAM LALLA".

THE SPIRIT OF PEOPLE OF BHARAT WAS TRULY
FILLED WITH ENTHUSIASM AS THE
CELEBRATIONS WERE IN FULL FERVOUR. THIS
BROUGHT ME TO REFLECT ON THE MEANING OF
PRAN PRATISHTHA.

WHAT IS IT? WHAT CHANGES? SO I DIVED
DEEPER TO SOAK IN ITS WISDOM. 'PRAN'
SYMBOLIZES 'LIFE' AND 'PRATISTHA' PORTRAYS
RESOLUTE ESTABLISHMENT.

IT BRIDGES THE GAP BETWEEN THE DEVOTEES
AND THE DIETY UNITING THEM AS ONE. SO THE
NEXT QUESTION FLOWING THROUGH ME WAS,
WHAT CAN WE ESTABLISH TO ANCHOR LIFE IN
OUR OWN SELVES? HOW CAN WE BE ONE WITH
THE DIVINITY WITHIN?

WHEN CAN EACH ONE OF US BE IMMERSSED IN
THE EMOTION OF LOVE AND ONENESS SO THAT
RAM RAJYA BE ESTABLISHED?

SO I INVITE YOU TO REFLECT ON THESE
QUESTIONS THIS MONTH AND BEYOND.
INCIDENTLY WE ALSO CELEBRATE THIS AS THE
MONTH OF LOVE AND RELATIONSHIPS.

SANGEETA DASGUPTA

BEING A LIFE COACH I ALWAYS
LOVE TO ASK QUESTIONS AND MY
UNDERSTANDING ON CELEBRATING
' VALENTINE'S DAY' IS TO ASK 'HOW
CAN I BETTER MY RELATIONSHIP
WITH MYSELF'?

'DO I REALLY REJOICE IN WHO I AM
OR AM I LOOKING FOR VALIDATIONS
OUTSIDE ME? '

SO, MY DEAR FRIENDS I HAVE JUST
THROWN SOME QUESTIONS FOR
ALL OF YOU TO THINK ON AND
MOVE TOWARDS A FULFILLING LIFE
WITH LOVING RELATIONSHIPS AND
GOOD HEALTH. WE AT THE HEALING
OSHUN ARE COMMITTED TO YOUR
WELL- BEING AND CONTINUE TO
BRING OUR SERVICES FOR MENTAL,
EMOTIONAL AND PHYSICAL
WELLNESS.

SO, STAY HEALTHY AND HAPPY.

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.

February Affirmations

FOR COUPLES

- OUR RELATIONSHIP IS FILLED WITH TRUST, HONESTY, AND OPEN COMMUNICATION.
- OUR CONNECTION IS ROOTED IN MUTUAL RESPECT AND ADMIRATION.
- OUR RELATIONSHIP IS A SOURCE OF JOY, FULFILLMENT, AND HAPPINESS.
- TOGETHER, WE CREATE A SPACE WHERE BOTH OF US CAN THRIVE AND GROW.

FOR PEOPLE ATTRACTING NEW LOVE

- I AM SURROUNDED BY THE POSITIVE ENERGY OF A HEALTHY, LOVING RELATIONSHIP.
- I AM DESERVING OF A FULFILLING AND LOVING RELATIONSHIP, AND I ATTRACT IT EFFORTLESSLY.
- I AM OPEN TO GIVING AND RECEIVING LOVE IN ITS PUREST AND MOST AUTHENTIC FORM.

LET'S MEET THE WRITER OF OUR BLOG FOR THE MONTH!



SANYA TYAGI IS A STORYTELLER AT HEART. SHE IS AN AVID WRITER AND IT IS THROUGH HER WORDS THAT SHE WANTS TO BRING PERSPECTIVES AND EXPERIENCES TO LIFE. SHE APPRECIATES ART AND LIFE AND HAS A PASSION FOR IDEATION AND CREATION. WITH HER PERSPECTIVE SHE HOPES TO MAKE A DIFFERENCE THROUGH HER WRITING, WHILE BEING IN LOVE WITH HOW HER WORDS COME OUT ON PAPER.



LOVE: THE FOUNDATION OF OUR MENTAL WELL-BEING

LOVE. A WORD WHISPERED IN POEMS, SUNG IN BALLADS, AND ETCHED INTO EVERY CORNER OF HUMAN EXPERIENCE. BUT BEYOND THE FLUTTERING HEARTS AND CANDLELIT DINNERS THAT ARE OFTEN PORTRAYED IN MOVIES AND BOOKS, LOVE HOLDS A PROFOUND SECRET: ITS POWER TO WEAVE ITSELF INTO THE VERY ESSENCE OF OUR MENTAL WELL-BEING.

FOR ETERNITIES, POETS AND PHILOSOPHERS HAVE ESTABLISHED A LINK BETWEEN LOVE AND HAPPINESS. HOWEVER, AS SCIENCE ADVANCES, STUDIES ARE ALSO PROVIDING COMPELLING EVIDENCE THAT POSITIVE, WHOLESOME RELATIONSHIPS SERVE AS A PROTECTIVE BARRIER AGAINST STRESS, ANXIETY, AND DEPRESSION. THEY INCREASE OUR LIFESPANS, STRENGTHEN OUR IMMUNE SYSTEMS, AND IMPROVE OUR SELF-ESTEEM. A REFUGE IN LIFE'S STORMS, THESE TIES OFFER A SENSE OF ACCEPTANCE AND STEADFAST SUPPORT. LOVE GIVES US A SENSE OF SECURITY AND VALUE BY LETTING US KNOW THAT WE ARE NOT ALONE IN OUR CHALLENGES AND THAT WE ARE SEEN AND UNDERSTOOD. FURTHERMORE, THIS ENCOURAGING NETWORK SERVES AS A SOUNDING BOARD AND A SAFE PLACE TO DISCUSS VULNERABILITIES WITHOUT FEAR OF JUDGMENT. AGAIN, OPEN COMMUNICATION IS A SIGN OF SUCCESSFUL RELATIONSHIPS BECAUSE IT ENABLES US TO GAIN PERSPECTIVE, HANDLE CHALLENGING EMOTIONS, AND FIND COMFORT IN EMPATHY. BUT IT'S IMPORTANT TO KEEP IN MIND THAT LOVE IS NOT A CURE-ALL. IT CAN SERVE AS A STRONG SUPPORT SYSTEM, BUT FOR CONFIRMED MENTAL HEALTH CONDITIONS, IT CANNOT TAKE THE PLACE OF PROFESSIONAL ASSISTANCE. MEDICATION AND THERAPY ARE STILL CRUCIAL COMPONENTS OF TREATING ILLNESSES INCLUDING TRAUMA, ANXIETY, AND DEPRESSION. BUT LOVE IS A POWERFUL PARTNER ON THIS PATH, OFFERING THE EMOTIONAL STRENGTH AND STEADFAST SUPPORT REQUIRED FOR HEALING.

HOWEVER, GIVEN THE PRESENT CONTEXT OF GROWING SOCIAL MEDIA INTERFERENCE AND FLAWED RELATIONSHIP INTERPRETATIONS, IT'S EQUALLY CRUCIAL TO RECOGNIZE THAT NOT ALL RELATIONSHIPS ARE HEALTHY. MENTAL HEALTH CAN DETERIORATE IN TOXIC OR UNHEALTHY RELATIONSHIPS. UNDERSTANDING THE WARNING SIGNALS OF THESE DYNAMICS—CONTROL, MANIPULATION, OR EMOTIONAL ABUSE—IS ESSENTIAL. SEEKING HELP FROM TRUSTED FAMILY MEMBERS, FRIENDS, OR EXPERTS CAN HELP YOU GET THROUGH THESE TRYING TIMES AND PUT YOUR MENTAL HEALTH FIRST. EVENTUALLY, LOVE, IN ITS RAWEST FORM, IS A TWO-WAY STREET. BUILDING RELATIONSHIPS, BEING GRATEFUL AND OFFERING SUPPORT HELP IN REINFORCING THE BONDS THAT HELP US TO SUSTAIN OURSELVES, IRRESPECTIVE OF ALL THE CHAOS IN LIFE.

WHEN WE INVEST IN OUR SOCIAL RELATIONSHIPS, EITHER BY BUILDING NEW ONES OR STRENGTHENING EXISTING ONES, WE ALSO INVEST IN OUR MENTAL WELL-BEING. IT'S IMPORTANT TO KEEP IN MIND THAT THE THREADS OF LOVE ARE SUPPOSED TO OFFER US RESILIENCE AND COMFORT, BINDING US TOGETHER AND THE REALISATION THAT WE AREN'T ALONE.

SO, IN THIS MONTH OF LOVE, EMBRACE IT IN ALL ITS DIVERSE FORMS. LET IT BE YOUR ANCHOR, YOUR CONFIDANTE, YOUR CHEERLEADER. FOR IN THE EMBRACE OF LOVE, WE FIND NOT ONLY HAPPINESS BUT THE VERY FOUNDATION OF MENTAL WELL-BEING.

-SANYA TYAGI





Beautiful Memories

of Relationships in our Workshops



FRIENDSHIPS



SUPPORT



LOVE

HEALING OSHUN CHERISHES RELATIONSHIPS AS THE CORNERSTONE OF HOLISTIC HEALING. THROUGH EMPATHY AND CONNECTION, IT FOSTERS BONDS THAT NURTURE GROWTH AND RESILIENCE. BY EMBRACING DIVERSITY AND SHARED EXPERIENCES, HEALING OSHUN CULTIVATES A SUPPORTIVE COMMUNITY WHERE INDIVIDUALS FIND SOLACE, UNDERSTANDING, AND COLLECTIVE EMPOWERMENT.





Beautiful Memories

of Relationships in our Workshops



THE ENERGY SPACE



CONNECTION



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.

Relationship Coaching

- CULTIVATE A POSITIVE RELATIONSHIP WITH YOURSELF
- HEALING FOR SUCCESSFUL & CONTENT RELATIONSHIPS
- ENHANCE YOUR CAPACITY TO GIVE & RECEIVE UNCONDITIONAL LOVE
- EMPOWER YOURSELF AFTER A BREAKUP
- REDISCOVER THE STRENGTH OF YOUR RELATIONSHIP

RELATIONSHIP COACHING WITH US CAN HELP YOU FILL THE VOID IN YOUR RELATIONSHIP AND BRING CHEER TO YOUR LIFE!

DM TO BOOK A RELATIONSHIP COACHING SESSION TODAY.

JOIN US NOW!



[CLICK HERE!](#)

TO KNOW MORE ABOUT
RELATIONSHIP
COACHING, COUPLES
COUNSELLING &
THERAPY!

07/07

Upcoming Workshops



- **1st February: TaiChi & QiGong, Friday & Sunday Morning (Subscribe Now)**
- **5-6th February: Level 1, Clinical Hypnotherapy**
- **7-11th February: Level 2, Clinical Hypnotherapy**
- **TaiChi & Qigong: 18th February, Magnolias**
- **Chakra healing: 25th February, Aralias**
- **21st February: Art therapy, The City Club, DLF**

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



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[FREE ANGEL THERAPY MASTERCLASS](#)

Concept & Design

-Sparshika Tripathi

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more Information:



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