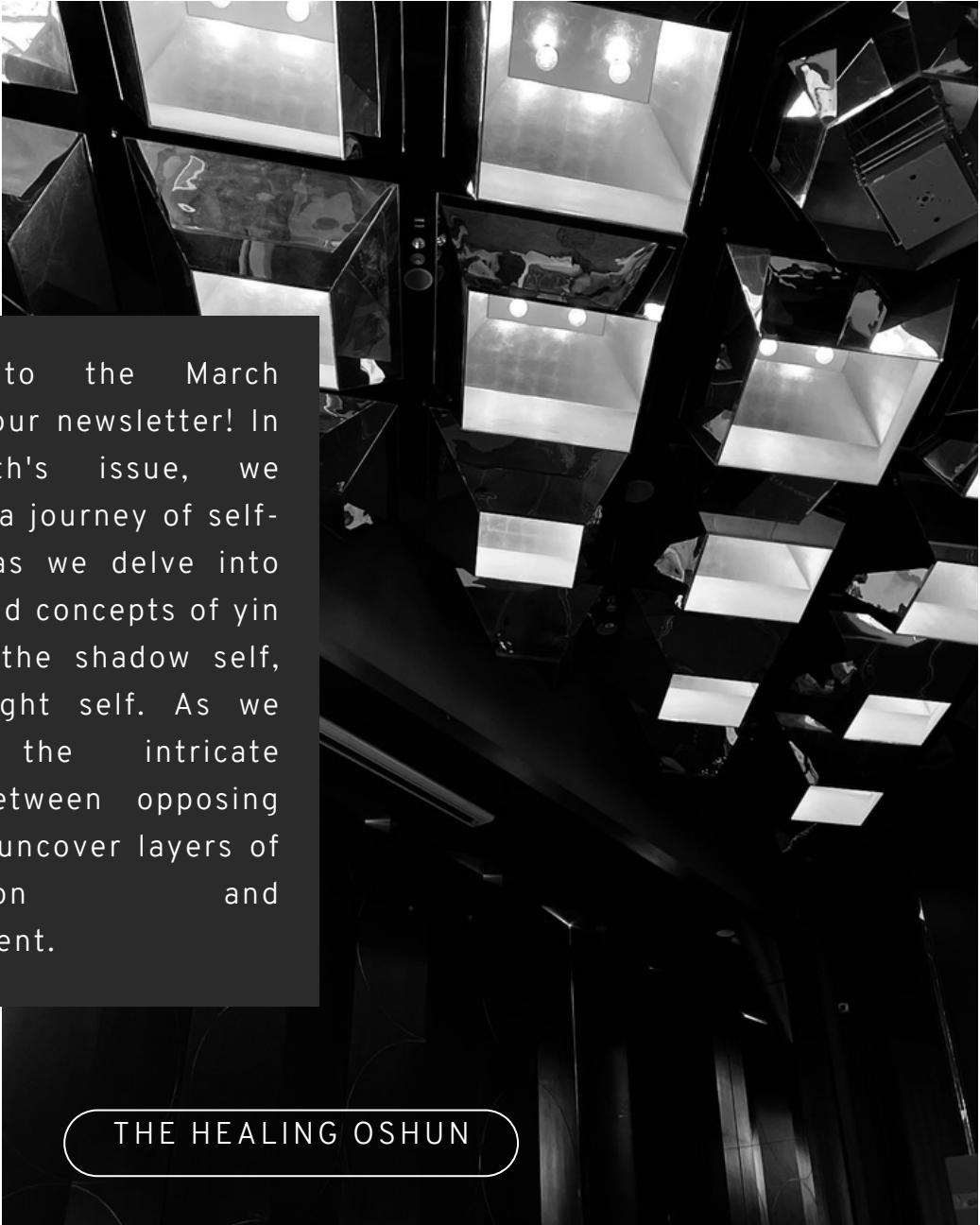


# INSIGHT: A GLIMPSE WITHIN

A P R I L / 2 0 2 4



Welcome to the March edition of our newsletter! In this month's issue, we embark on a journey of self-discovery as we delve into the profound concepts of yin and yang, the shadow self, and the light self. As we navigate the intricate balance between opposing forces, we uncover layers of introspection and enlightenment.

THE HEALING OSHUN

W W W . S A N G E E T A D A S G U P T A . I N

CLICK HERE

---

APRIL 1, 2024

# FOUNDER'S MESSAGE

## DEAR READERS,

"Look at how a single candle can both defy and define the darkness." – this was said by Anne Frank.

Do you know who Anne Frank was ? She was a Jewish girl who wrote a diary while hiding from the Nazis in Amsterdam during World War II. Her family was discovered in hiding in 1944 and deported to concentration camps, where Anne died. Her diary, found after the war, became a poignant account of the Holocaust's human toll. Anne Frank's life teaches us to find hope, resilience, and the strength of the human spirit even in the darkest of times.

We too go through times of darkness and sorrow. The question is how do we deal with it?



## SANGEETA DASGUPTA

This edition deals with the interplay of Light and Dark, Evolution and Shadow, Yin and Yang, Masculine and Feminine, Shiva and Shakti which embodies the fundamental essence of existence. Light represents illumination, consciousness, and clarity, while Dark symbolizes mystery, depth, and the subconscious. Evolution signifies growth, adaptation, and progress, whereas Shadow represents the hidden aspects of the self, the unknown, and the unacknowledged.





# CONTINUE...

Yin and Yang encapsulate the duality of existence, where Yin embodies receptivity, intuition, and the feminine principle, while Yang represents action, logic, and the masculine principle. Similarly, Shiva embodies the masculine aspect of creation, representing destruction and transformation, while Shakti embodies the feminine aspect, symbolizing creative energy and dynamic power.

The dynamic interplay between these polarities forms the fabric of the universe, continuously balancing and harmonizing opposites to maintain equilibrium. It illustrates that growth and evolution arise from the integration and reconciliation of contrasting forces, emphasizing the interconnectedness and interdependence of all things. Ultimately, this interplay invites us to embrace the totality of our being, acknowledging both our light and shadow aspects, and fostering a deeper understanding of the rich complexity of existence.

In darker times, seek therapy for healing wounds, and coaching for navigating the path towards light. You deserve support to find resilience and growth amid adversity.

Seeking Light ,

***Your Friend and Guide,  
Sangeeta Dasgupta  
Founder and CEO  
The Healing Oshun***



# Journal prompts for shadow work

## & MARCH AFFIRMATIONS



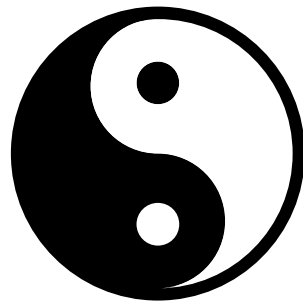
### JOURNAL PROMPTS

- What emotions or traits do I often suppress or deny within myself?
- When do I feel most ashamed or guilty about myself, and why?
- Write a letter to your younger self, offering compassion and understanding for the struggles they faced. What wisdom or advice would you share with them?
- Imagine your ideal self or the person you aspire to be. What qualities or attributes do they possess that you currently lack or struggle to embody?
- Name a trait or behavior in others that triggers a strong reaction in me. Why might that be?
- What parts of myself do I hide from those closest to me, and why?
- What fantasies or desires do I keep hidden, even from myself?

### MARCH AFFIRMATIONS

- I embrace all parts of myself, even the ones I find difficult or uncomfortable.
- I acknowledge and release any shame or guilt I carry from my past experiences.
- I am whole and complete, encompassing both light and darkness within me.
- I release the need for external validation and find validation within myself.
- I trust in my inner wisdom to guide me through the process of shadow integration.
- I release the grip of fear and resistance, allowing myself to fully explore and embrace my shadow.
- I am committed to my personal growth journey, knowing that shadow work is an essential part of it.

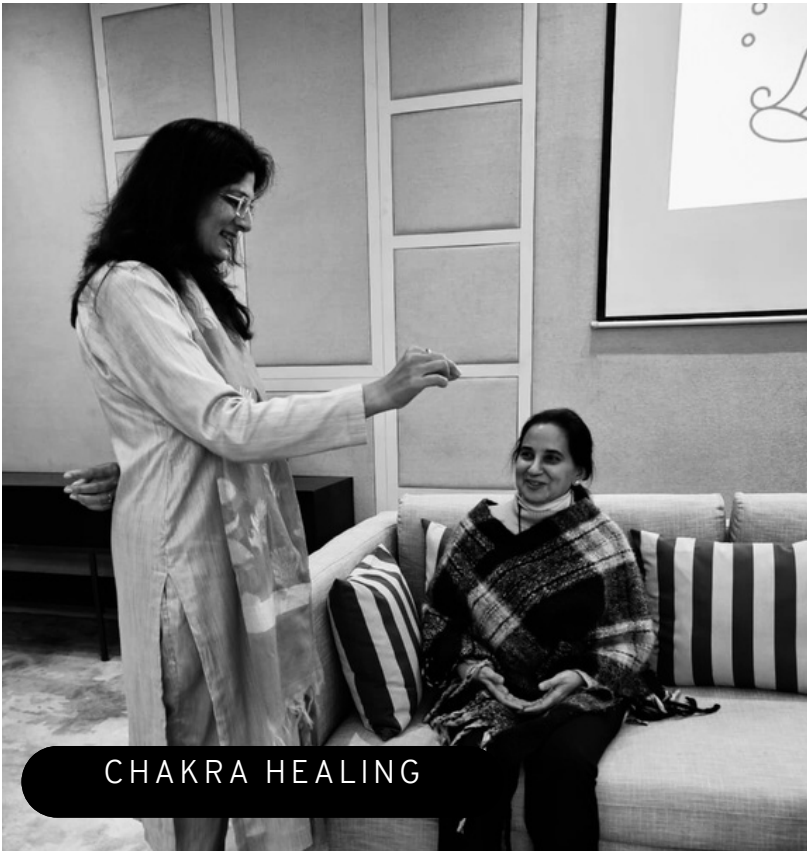
YIN



YANG

M A R C H R E C A P

2024



CHAKRA HEALING



COACH CONNECT



MAGICKA SEASON 6



YES TALKS: PODCAST



# UPCOMING WORKSHOPS

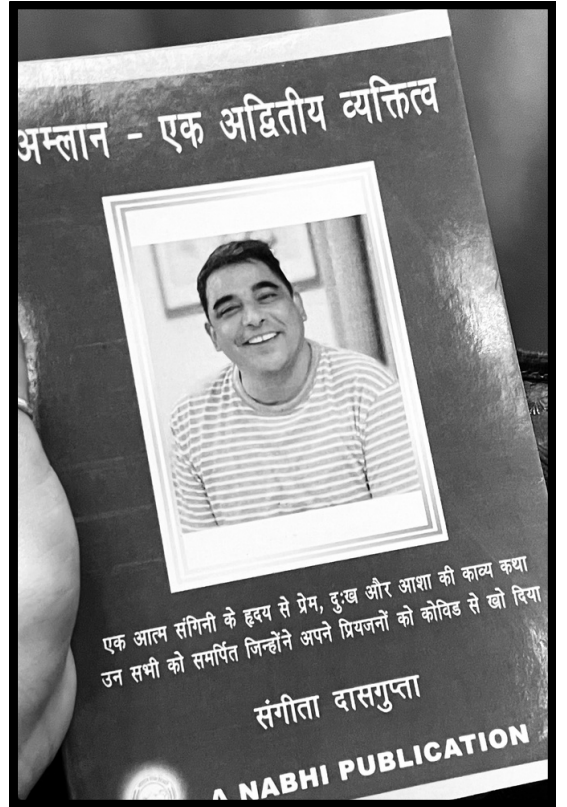
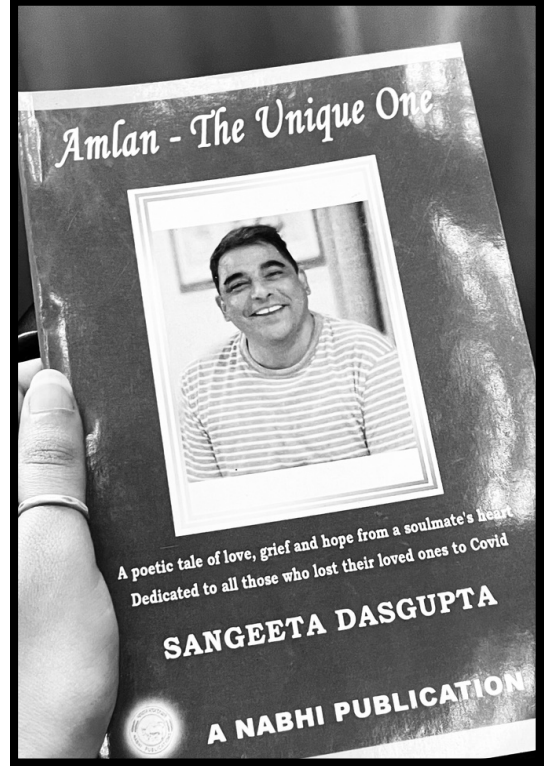
- 1st April: TaiChi & QiGong, Friday & Sunday Morning (Subscribe Now)
- 6-7th April: Art Therapy 1 & 2
- 8th April: New Moon Meditation
- 13th April: Balancing The YIN & YANG Online Workshop
- 14-15th April: Clinical Hypnotherapy (Level 1)
- 20, 21, 22th + 27-28th April : Clinical Hypnotherapy (Level 2)
- 23rd April: Full Moon Meditation



# अहम् ब्रह्मास्मि

स्वयं और अहम्।  
एक ही पहलू के दो स्वरूप  
एक स्वच्छंद, दूसरा श्यामल  
एक प्रकाश, दूसरा निरामय  
प्रश्न तो यह है कि उनकी खोज में  
मैं प्रस्तुत हूँ, परंतु विलुप्त हूँ,  
भटक गई हूँ या नहीं ज्ञात नहीं,  
किंतु सशक्त हूँ, धूमिल नहीं,  
जैसे सर्दियों की धुंध में सूर्य छीप सा  
गया हो,  
परंतु है तो सही...  
मौसम के बदलते ही प्रकाशित होगा...  
यह विश्वास है, बस उसी समय का  
इंतजार है,  
मैं को स्वयं से मिलने का और अहम्  
ब्रह्मास्मी कहलाने का ।

-कवियत्री  
संगीता दासगुप्ता



*For reading more such poems both in Hindi & English ask for your signed copy. Come visit us at **The Energy Space: The Healing Oshun, Gurugram***

***TO MOVE TOWARDS A BRIGHTER LIGHT GET YOUR COPY FROM FLIPKART: [CLICK HERE](#)***

***Download your E-Copy: [Click Here!](#)***

# ARTICLE OF THE MONTH

**Sparshika Tripathi**

## **“THE PLAY OF SHADOW & LIGHT”**

As a child, I was fascinated by shadows. With playful hands, I would form up figures on walls, being surprised at the mystical dance of light and darkness. Little did I know then that these shadows, far from mere child's play, hold a profound truth about the human experience & existence.

We are a culmination of dark and light. We embody the shadow and light in ourselves, and it is far more different than what we cast under the illumination of a light bulb.

As I grew who would have known that my game of shadows was a piece of work by Carl Jung. He delved deep into the human psyche, unveiling the concept of the shadow self. He talked about the reality of evil in our lives, emphasizing that each of us carries within a shadow - a side we may not wish to acknowledge, but one that is undeniably a part of us. The wishes, desires, thoughts that may not be somewhere in our consciousness, but still continue to haunt our existence and decisions. However, let's understand that Shadow is only evil when the ID, the pleasure principle, seeks immediate gratification. But, the right balance of the EGO, the reality principle, shadow's energy can be channelised to achieve greater goods in life.

Just as everything substantial casts a shadow, our very existence is accompanied by this darker counterpart. It is this shadow that makes us human without a question. Yet, facing this shadow, an integral part of self is no easy task. Jung warned us against seeking enlightenment or self realisation through the pursuit of light alone. He asserted that either of it only comes from embracing the darkness within ourselves, making the unconscious conscious.

For within the depths of our shadows lie the parts of ourselves we may shy away from - our fears, our insecurities, our hidden desires. It is the unacknowledged shadow that often thwarts our best intentions, manifesting as unconscious obstacles in our lives.

Jung's work reminds us that within the duality of our nature lies a constant struggle: the tension between the person we aspire to be and the shadow that lurks within. Yet, it is only by confronting and integrating this shadow that we can truly be closer to our ideal selves.

I may have found Jung's work intriguing, but I've also encountered similar phenomena firsthand while assisting my clients and being under therapy myself.



**Sparshika Tripathi, a dedicated and compassionate therapist with a unique and integrative approach to mental health and well-being. As a budding psychologist, she specialises in utilising hypnotherapy and cognitive techniques to assist her clients on their journey to self-discovery and healing. Beyond her professional expertise, Sparshika is deeply passionate about music, dance, poetry and all forms of art. She also serves as the Director of Social Media for The Healing Oshun, where she channels her love for connectivity and community into spreading awareness about mental health and holistic healing practices.**

---

During hypnosis, we often become preoccupied with matters stemming from our unconscious desires and thoughts. We encounter what we are not willing to face and release what no longer serves us. Hypnotherapy in this case, works deeply to integrate the shadow and the light.

So, whatever is hidden, may not remain hidden from the self. Through this acknowledgment, we illuminate the essence of our being and pave the path to true self-discovery.





## VISIT OUR WEBSITE FOR MORE INFORMATION:



[WWW.SANGEETADASGUPTA.IN](http://WWW.SANGEETADASGUPTA.IN)



[SUPPORT@SANGEETADASGUPTA.IN](mailto:SUPPORT@SANGEETADASGUPTA.IN)



[LINKEDIN/SANGEETADASGUPTA](https://LINKEDIN/SANGEETADASGUPTA)



LIKE, SHARE & SUBSCRIBE OUR YOUTUBE CHANNEL TO NEVER MISS OUT ANY VIDEOS



[MIND\\_MASTERY\\_METAMORPHOSIS](https://MIND_MASTERY_METAMORPHOSIS)

## SOCIAL MEDIA



[SANGEETA.THEHEALINGOSHUN](https://SANGEETA.THEHEALINGOSHUN)



[FACEBOOK.COM/SANGEETATHETRANSFORMATIONCOACH](https://FACEBOOK.COM/SANGEETATHETRANSFORMATIONCOACH)



OUR YOUTUBE

# 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.

Concept & Design

*-Sparshika Tripathi*

[sparshika.tripathi13@gmail.com](mailto:sparshika.tripathi13@gmail.com)

APRIL 2024