



SANGEETA DASGUPTA

THE HEALING OSHUN

MAY 2024
ISSUE NO 5

INSIGHT : A GLIMPSE WITHIN

FLUID FEELINGS: EXPLORING THE EMOTIONAL DEPTHS OF WATER

WATER REFLECTS BACK TO US
THE BEAUTY AND RESILIENCE
OF OUR OWN SPIRITS



FOUNDER'S MESSAGE



SANGEETA DASGUPTA

Dear Readers,

May is a month that fills me with a sense of possibility and opportunity. It's like we're seeking permission from the Universe to express our wishes and desires. Notably, it's a time to honor mothers and recognize Menstrual Health Day. Hence, at "The Healing Oshun," we've dedicated this month to reflecting on the profound connection between water and emotions.

Water, a fundamental element of life, holds a deep resonance with our feelings.

Beyond its physical properties, it symbolizes the ebb and flow of our emotions. Like water, our feelings can be tranquil or turbulent, reflecting the world around us. External events can disrupt our emotional calm, sending ripples through our inner landscape.

Yet, water also possesses a remarkable ability to heal. Its soothing presence, whether in the gentle rain or rhythmic waves, offers solace and renewal in times of distress. Moreover, water teaches us the power of surrender, reminding us to release control over our emotions.

Masaru Emoto's work sheds light on water's responsiveness to human consciousness. Just as our thoughts can influence water, we can uplift our emotions through positive intentions and gratitude. The full moon's influence on water parallels its effect on our emotions, which is why we hold Full Moon and New Moon meditations to channelize energies.

CONTINUE...

At "The Healing Oshun," we provide a safe space for individuals to explore their emotions deeply. Our therapists offer various therapeutic techniques, including Clinical Hypnotherapy, mindfulness, Aura photography, Chakra Healing, and expressive arts therapy, to help manage emotions and foster self-awareness.

As we embrace the fluidity of our feelings, guided by the moon's silvery light, let's trust in the healing power of water and therapy to navigate life's currents.

Stay fluid and nourish your soul!

Sangeeta Dasgupta
Founder and CEO
The Healing Oshun





AFFIRMATIONS

- I am flowing with the currents of life, embracing change and transformation like water.
- I am as resilient as the waves, rising above challenges with grace and strength.
- I cleanse my mind of negativity, allowing clarity and serenity to flow freely.
- I trust in the healing power of water to soothe my mind, body, and soul.
- I surrender to the gentle flow of life, trusting in its divine timing.
- I am immersed in the healing embrace of water, nourishing my soul with love and compassion.

JOURNAL PROMPTS

- Reflect on a time when you felt most at peace near water. Describe the sights, sounds, and sensations you experienced. How did being near water affect your mood and emotions?
- Think about a recent emotional challenge you faced. How can you apply the fluidity of water to navigate through this challenge with greater ease and acceptance?
- Write a letter to yourself from the perspective of water. What wisdom or guidance does water offer you as you navigate the ebbs and flows of life's journey?

OUR APRIL RECAP



COACH-ATHON "CHERISH"



'CARE' WITH AFT ONLINE



TEAM 'CARE'



MEDITATION COMMUNITY



TRAINING

ARTICLE OF THE MONTH



Diti Tiwari is a committed therapist who brings a distinctive and holistic approach to mental health and wellness. Utilising techniques of Narrative, Emotion-Focused, Cognitive and Expressive arts therapy, she guides clients through self exploration and personal growth.

She is fervently devoted to dance, poetry, writing, and reading, seeing them as powerful tools for personal growth. She believes art can save us, help us discover a new part of us. Having confidence in the autonomy of each individual, she firmly believes in individual's capacity for change and healing, guiding them on a transformative journey to achieve their dreams.

OUR OCEAN OF EXISTENCE...

I glance down into the water and find my reflection staring back at me. I see compassion, confidence, hurt, fear, softness--all aspects of myself. Then I try to reach out and grip myself in my grasp, but the water slips right out of my palms, leaving a cool touch behind.

We are never able to contain it, control it. Water allows us to experience it's warmth and coolness, but never allows us to dictate it's state. And I feel that's how our mind is. Our bodies serve as vessels for the ocean of emotions and thoughts that we hold. Every day when we wake up, thoughts and feelings flood in, causing us to feel and experience the plethora of life.

Emotions are to souls what water is to the body. I look deep within and witness waves of thoughts and emotions rumbling through me. As the tides rise, I feel excitement, affection, and optimism, but as they recede, I feel sad, disappointed, and hopeless. It never truly stops, constantly in motion, always reaching out to me, attempting to speak, like the ocean waves that crash over the earth again and again, never stopping, adhering to its faith. Our only job is to listen.

— *Article continue...*

It can be daunting; strong thoughts and feelings can sweep us inside, drowning us with their power and might. But we should learn the lesson it is intended to teach and allow ourselves to experience it.

Human nature, like the river, alters course when it hits rocks and hills, as it experiences sorrow, anguish, loss, and disgust. We adjust to problems in the same way that the river does: we slow down, maybe pause for a while, but eventually move forward. We make our way through the dark nights and rocky path, learning from each encounter and continuing on. The secret to life is to remember this and never give up.

-Diti Tiwari



An Urge to all from The Healing Oshun

Dear Readers,

In the face of increasing environmental challenges, it's imperative that we prioritize the preservation of our precious waterways. Our rivers are not just sources of life; they're emblematic of our commitment to a sustainable future. Join us in this crucial mission to conserve water, reduce pollution, and safeguard biodiversity. Together, let's pledge to make every drop count. By taking action today, we can ensure that our rivers flow clean and vibrant for generations to come.

**Team,
The Healing Oshun**



POEM OF THE MONTH

~LIFE IS LIKE A RIVER~

Life is like a river flowing and streaming the moment it emerges from the womb of the mountains, falling from the gorges, then going up and down the rocks, sometimes silently like whispering into the ears of the wind the song of love and sometimes hustling loudly like the band ,celebrating a festival of joy, but constantly moving carrying in its waters many more forms of life like planktons, fishes and storks.

It knows there's no looking back,
the way is only forward to the ocean
where it rests in peace

Peace of oneness

Peace of stillness

Nowhere to go

Nothing to do

Just Be!

Losing itself or

Finding itself...

No Identity.

Just the vastness, the expanse,

Till the rays of the Sun falls on it,

to change it's form to vapour, going up in the skies,

Joyfully losing itself or finding a new form,

Merging in the clouds Looking at the light,

feeling warm and bright...

melting in love for the creator,

ready to fall back as droplets back to the mountains to flow again .

This is Life,

Unchanging, Unaffected

moving constantly

So, why not you?

Imbibe NOW

Thrive NOW

Way to Go, Way to Go...



-SANGEETA DASGUPTA

UPCOMING WORKSHOPS

- 5th May: Shree Life, Behavioural Finance
- 7th May: New Moon Meditation
- 12th May: Pendulum Dowsing Workshop
- 18th May: Inner Child Healing Workshop
- 23rd May: Full Moon Meditation
- 25-26th May: Shree Journeys, Vrindavan Retreat

VISIT OUR WEBSITE FOR MORE INFORMATION:



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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

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