
JUNE 2025

INSIGHT: A GLIMPSE WITHIN

The official newsletter of The Healing Oshun



SANGEETA DASGUPTA

THE HEALING OSHUN

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~ *Shades of Stillness* ~

This month, we invite you into the sacred space of black and white—a theme that mirrors the dualities within us: light and shadow, stillness and movement, holding on and letting go.

As the world moves fast, June calls us to pause. To return to our center. To listen to the quiet whispers of the soul. In the simplicity of monochrome, we find depth, clarity, and truth.

Founder's Message

Dear Friends,

As we step into the heart of June, a month celebrated globally for International Day of Yoga, I find myself reflecting on the deep wisdom and sacred science that yoga truly is—not just as a practice, but as a way of life. At The Healing Oshun, we believe in holistic healing that bridges the body, mind, and spirit. And yoga, in its essence, is the very soul of that bridge.

Yoga means *union*. It is the coming together of opposites—of breath and body, of mind and awareness, of the individual self with the universal consciousness.

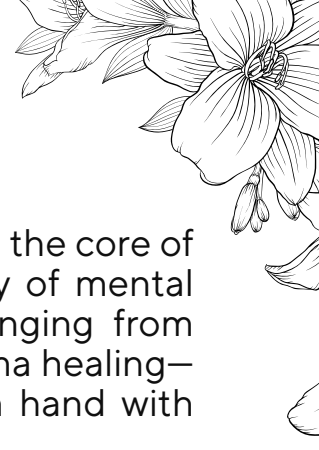
In a world that often feels fragmented, fast-paced, and overwhelming, yoga offers a way back—to our breath, to our bodies, to our truth.

This month, our focus turns to exploring three deeply transformative streams of yoga: Hatha Yoga, Raja Yoga, and Kriya Yoga.

- **Hatha Yoga**, the yoga of physical discipline and alignment, teaches us the language of the body. It is where breath meets posture, and movement becomes a meditation. Through regular Hatha practice, we not only build strength and flexibility but cultivate stillness and stability within.
- **Raja Yoga**, the royal path, dives deeper into the power of the mind. With practices drawn from the Yoga Sutras of Patanjali—such as concentration (*Dharana*), meditation (*Dhyana*), and ethical living (Yamas and Niyamas)—Raja Yoga teaches us mastery over thought patterns and opens the gateway to inner peace and self-realization.
- **Kriya Yoga**, a more advanced and subtle practice, works with the life force energy (prana) to purify and awaken the inner being. It is a science of energy and breath control that enhances vitality, mental clarity, and spiritual awakening.

Whether you are a beginner or a seasoned seeker, *The Healing Oshun* welcomes you to immerse yourself in these ancient yogic traditions. Throughout this month, we are offering a series of **introductory and advanced workshops** in Hatha, Raja, and Kriya Yoga, facilitated by experienced teachers who honor the sacred lineage of these paths. These sessions are designed to not just teach technique, but to help you *experience the union*—to feel grounded in your body, calm in your mind, and connected to your inner self.





While yoga is a powerful pillar of healing, therapy continues to be at the core of our mission. At The Healing Oshun, we deeply honor the journey of mental well-being and emotional healing. Our therapeutic offerings—ranging from clinical psychotherapy to inner child work, hypnotherapy, and trauma healing—are here to support you in your personal transformation, hand in hand with your spiritual growth.

This June, let's reclaim our bodies, quiet our minds, and open our hearts. May we all find the union we seek—not only on the mat but in the way we live, love, and show up for ourselves and others.

With warmth and light,
Sangeeta Dasgupta
Founder & CEO
The Healing Oshun



OUR UPCOMING WORKSHOPS

- 20TH JUNE: SUMMER SOLSTICE MEDITATION
- 21ST JUNE: INTERNATIONAL YOGA DAY
- 23RD JUNE: EKADASHI SPECIAL MEDITATION
- 26TH JUNE: NEW MOON MEDITATION
- 12TH - 13TH JULY: LEVEL 1, CLINICAL HYPNOTHERAPY

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AFFIRMATIONS & JOURNAL PROMPTS



Affirmations

- I honour both the light and the shadow within me.
- In stillness, I meet my truest self.
- I am safe to pause, breathe, and simply be.
- Clarity finds me when I release the need for control.
- I trust the silence to guide me home.
- I find power in my pauses.
- Even in stillness, I am evolving.
- I allow myself to feel without judgment.
- Every breath I take roots me deeper into my truth.

Journal Prompts

- What does stillness mean to me? How do I experience it in my daily life?
- What part of my inner world have I been avoiding in the noise of routine?
- In what ways can I hold space for both my strengths and vulnerabilities this month?
- What am I ready to release to make space for peace?
- Where have I grown in the quiet seasons of my life? What did I learn there?

Alchemising the Shadow

WRITTEN BY GURSHARAN KAUR

Let me start this article by quoting Carl Jung, the great psychologist, who said, “Whatever is denied conscious access continues to influence the individual anyhow but via unconscious processes.”

I first read this back in high school, and it's been with me ever since. Everything hiding in the shadows once the light shines on it, its true shape reveals itself. I'm no one to say what's right or wrong, but I do believe it's in the shadows where the real power to become one with the light lies.

Now, let me take you a little deeper.

Whatever we want to see, we put our attention toward it. Everything we want to manifest already lives in our subconscious mind. What I personally understand about the subconscious is that it's like a giant storage unit holding every feeling, every experience, every belief. We don't have to remember it all consciously, but it's there, running the show behind the scenes.

Here's the interesting part: some areas of this storage don't necessarily get visited by the light. Not because they're bad or negative, but simply because they're in the shadows unknown and unseen.

That's where my understanding of the shadow began: as the unawareness of what's truly there, usually ignored or repressed. Light has always been a beautiful topic; light, freedom, awareness. When the light shines bright, everything becomes visible, reachable. It lets us see, feel, and experience without judgment. Light just is it doesn't judge; it simply gives space for us to be whole.

The shadows, though, they hide all sorts of things the good, the bad, our hidden talents, our messy habits that keep us sane or drive us a little crazy. But once the shadows are exposed, what's left? Just raw, unfiltered truth. And the best part? The light accepts it all. It never destroys; it only brings things into view.

Personally, I've never been afraid of my shadows. That's where so much potential lies from this life or maybe past lives. Sure, my darkness doesn't always want to be uncovered; it likes to change shapes and forms. But with the awareness of the light, I can just observe. After all, without the shadow, how will you experience the light? That contrast the dance between dark and light is the most beautiful, raw truth of life. It's okay to embrace your shadows and never be afraid to dive deep into them. Who knows? You might hit gold or even alchemise something into the ultimate gold.

After all, we are here on this planet with our purposes, all trying to get by with the help of both light and darkness. The ultimate truth, of course, is the connection with the self that is the true light.

I'm Gursharan, a budding clinical hypnotherapist passionate about music, coffee, and traveling. Energies have profoundly changed my life, inspiring me to constantly work on raising consciousness and helping others unlock their potential through healing and self-awareness.



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