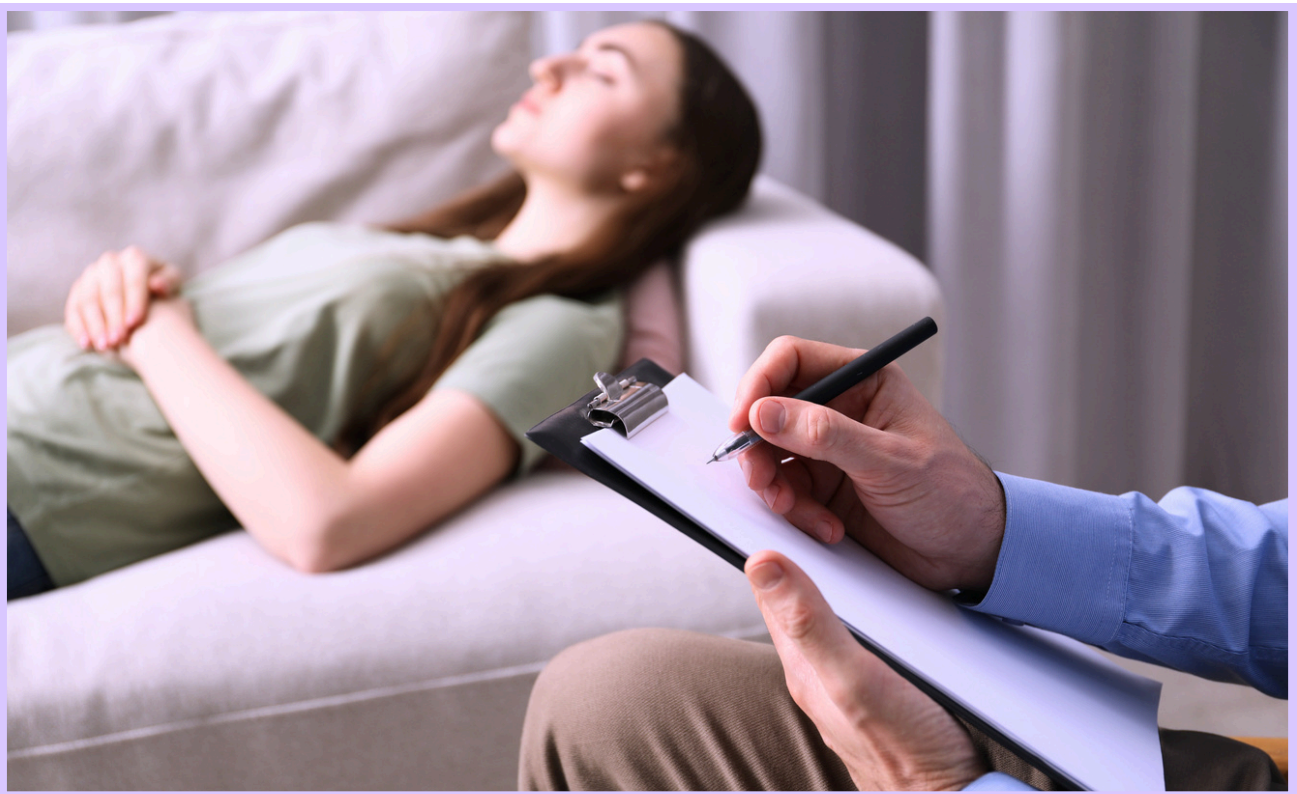


INSIGHT: A GLIMPSE WITHIN

~ECHOES OF THE SUBCONSCIOUS~



**INSIDE THIS
WEEK'S ISSUE:**

CLINICAL HYPNOTHERAPY

JULY EDITION

by 'The Healing Oshun'

This month, we journey inward — into the quiet yet powerful realm of the subconscious. Through the lens of hypnotherapy, we explore how deep-rooted patterns, past experiences, and hidden beliefs shape our present reality. Hypnotherapy isn't about control; it's about liberation — a gentle unlocking of the inner mind to create space for healing, clarity, and transformation.



FOUNDER'S MESSAGE

Dear Readers,

As I write this message for the July edition of Insight, I feel both immense gratitude and a quiet power in reflecting upon a journey that has been as humbling as it has been transformative. A journey that began with curiosity, evolved into healing, and today, continues as a path of purpose—through the incredible modality of Hypnotherapy.

Let me share my insights on my journey as a client, a therapist and now a trainer.

As a **client**, I discovered that Hypnotherapy was not about controlling the mind—it was about understanding and integrating it. It opened the door to my subconscious where unprocessed emotions, limiting beliefs, and forgotten parts of myself were waiting to be seen, heard, and healed. I understood for the first time how emotions trapped in the body were manifesting as physical symptoms, fatigue, and even patterns of self-sabotage. Hypnotherapy offered me something invaluable: the experience of inner alignment, where my body, mind, and spirit were no longer at war with each other.

As a **therapist**, my role transformed. I was no longer just a guide—I became a mirror, a space holder, a witness to the quiet unfolding of others' truths. I watched people transform—men and women struggling with anxiety, insomnia, relationship challenges, chronic pain, procrastination, or lack of confidence—begin to find clarity, strength, and peace.

I realized that Hypnotherapy is not just a tool for fixing what's broken—it is a gateway to discovering what is whole within us. It brings into awareness the power of our thoughts, the emotions that drive them, and the behavioral patterns shaped by them. It is not about suggestion or persuasion—it is about *facilitated self-discovery*, where the answers come not from outside, but from deep within the self.

As a **trainer**, I have had the privilege of facilitating the transformation of others who feel



called to serve, to heal, and to learn the science and ethics behind this powerful modality. Watching students evolve from doubt and curiosity to confidence and purpose has reaffirmed my belief that hypnotherapy is not just a therapy—it is a calling, a discipline rooted in neuroscience, psychology, and the sacred science of the subconscious.

Today, hypnotherapy is being embraced by psychologists, doctors, corporate professionals, educators, parents, and spiritual seekers alike. Why? Because it works. It is safe, non-invasive, and science-backed.

Some of the scientifically proven **long-term benefits** of hypnotherapy include:

- Stress reduction and emotional regulation
- Relief from anxiety, phobias, and trauma-related symptoms
- Improved sleep quality and deep rest
- Better pain management and physical healing
- Increased focus and goal achievement
- Enhanced self-esteem and self-confidence
- Freedom from addictive patterns and limiting habits
- Improved relationships through inner clarity

FOUNDER'S MESSAGE

Continue...

But perhaps the most beautiful benefit of all is the deep self-awareness and self-trust that emerges when one learns to listen to the subconscious mind—not with fear, but with reverence.

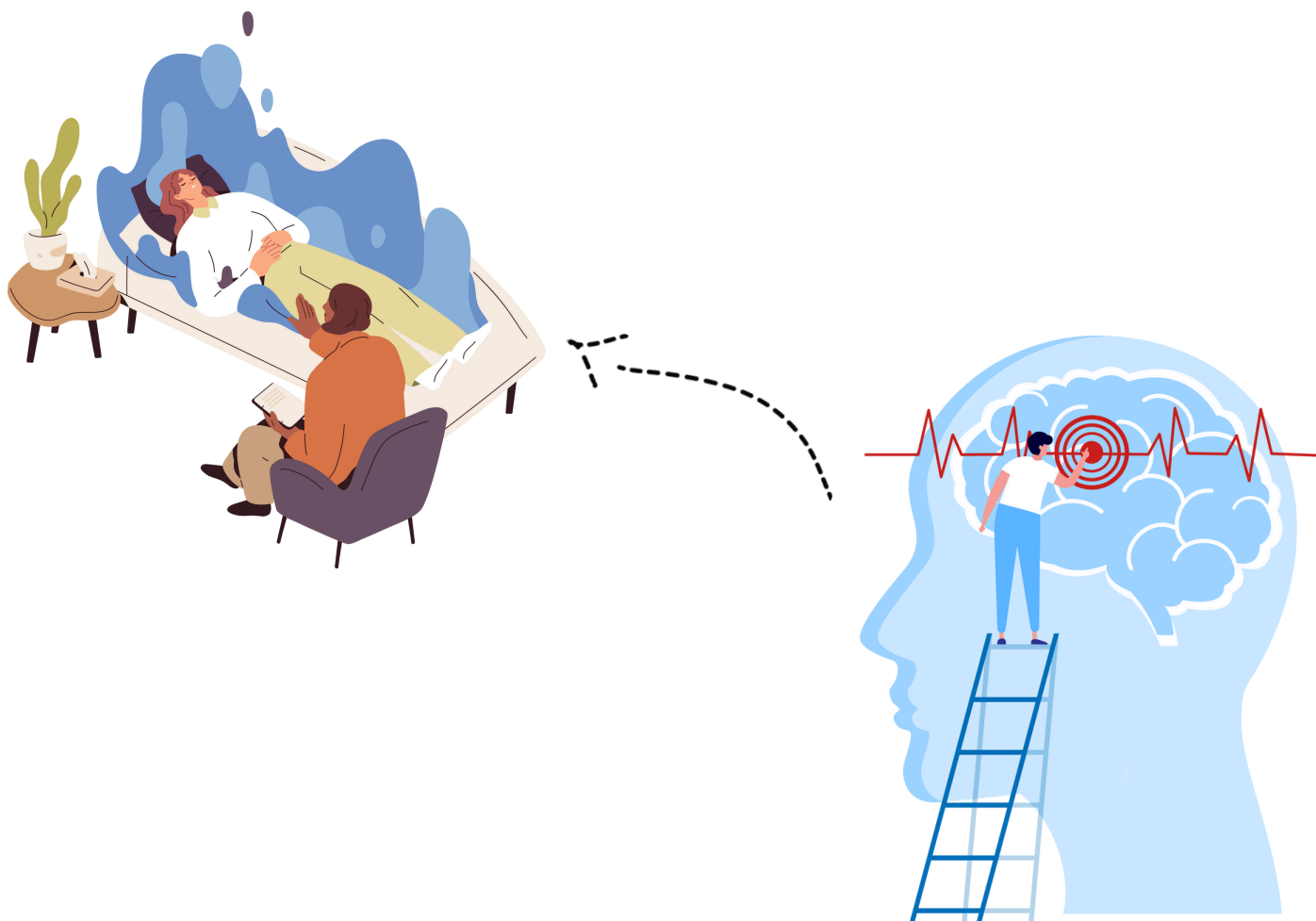
Hypnotherapy is not only for those who are struggling. It is for anyone who seeks to grow. Whether you are pursuing personal excellence, creative breakthroughs, career shifts, or deeper relationships, it allows you to connect with your inner intelligence—your intuition, your clarity, your highest potential.

As we open this edition of Insight, let us reframe hypnotherapy not just as a healing technique, but as a way of life. Let us invite its presence not only when we fall, but also when we rise. Use it as a tool of empowerment—for visioning your goals, managing the pressure of modern life, making decisions with clarity, and leading your life with greater consciousness.

At The Healing Oshun, we offer you more than just therapy sessions—we offer you a space where science, spirituality, and soulfulness meet. We invite you to explore our programs, workshops, and trainings, whether you're just beginning your journey or looking to go deeper.

As a client, therapist, and trainer—I stand testimony to its depth, and I invite you to experience the same.

***In deep trust and light,
Sangeeta Dasgupta
Founder, The Healing Oshun
EKAA Faculty | Hypnotherapist | Facilitator of Transformational Journeys***



HYPNOTHERAPY WORKSHOPS

PHOTO GALLERY





CLINICAL HYPNOTHERAPY

MYTHS VS. FACTS



MYTHS

***Hypnotherapy is
mind control***

***Hypnosis is just
deep sleep.***

***I might get stuck in
hypnosis.***

***Hypnotherapy is the
same as stage
hypnosis.***

***Only weak-minded
people can be
hypnotized.***

FACTS

You are always in control during hypnotherapy. It's a state of focused awareness, not surrender. A therapist cannot make you do anything against your will.

Though it may resemble sleep, hypnosis is a wakeful, receptive state of deep relaxation and heightened awareness.

This is not possible. You can open your eyes and come out of trance at any time. It's a safe and guided process.

Clinical Hypnotherapy is a therapeutic process used to heal trauma, change patterns, and resolve emotional/physical issues.

In fact, people with good focus, imagination, and intelligence are more responsive to hypnosis.

EXPERIENCES FROM OUR COMMUNITY OF THERAPISTS

FROM BURNOUT TO BREAKTHROUGH: HOW HYPNOTHERAPY HELPED ME HEAL AND FIND MY TRIBE

Richa Grover: Certified Clinical Hypnotherapist



At the peak of my corporate career, I found myself facing something I had never been trained to handle—burnout. Despite all the outward success, I was emotionally drained and mentally exhausted. Traditional therapy helped, but only up to a point. I often felt like I was repeating my story without truly healing.

In my search for answers, I picked up *The Power of Your Subconscious Mind* by Joseph Murphy. The book opened my eyes to how deeply our subconscious beliefs shape our reality. For the first time, I began to understand that real change required going beyond the surface—and that's when hypnotherapy entered my life.

A chance meeting with Sangeeta Dasgupta at a conference led me to attend her workshop on the subconscious mind. What I learned there was transformative. Through hypnotherapy sessions with her, I began to uncover and release the emotional blocks that had been buried for years. The healing was gentle yet profound. I slowly began to reclaim my energy, clarity, and sense of self.

But therapy didn't just bring me healing—it brought me a community. I found myself surrounded by people who genuinely care about others and the well-being of the planet. It was a collective space of upliftment and purpose, where collaboration replaced competition. That community became like a second family to me—one that continues to inspire and support my journey.

This experience left such a deep impact that I felt called to pursue formal training. I became a Clinical Hypnotherapist, an ICF-trained Life Coach, and an Emotional Intelligence Coach—not just to heal, but to empower others who feel stuck, overwhelmed, or lost.

Today, I blend my corporate experience with these therapeutic tools to support mental and emotional well-being. Hypnotherapy was not just a solution; it became a turning point, a purpose, and a path I now walk with others.



EXPERIENCES FROM OUR COMMUNITY OF THERAPISTS

I started my hypnotherapy journey thinking that I will receive all the answers to every problem of my life instead I ended up realising that I am the answer as I saw every situation as a problem. For me, hypnotherapy brought a transition in terms of perception and that is a big game changer. I have learnt something very meaningful.... That life is never going to be easy but my perception and deep understanding of my past will change my way of looking at it and at the end, I will end up learning something new and enjoy my life with a fresh perspective.

~Smriti Jha



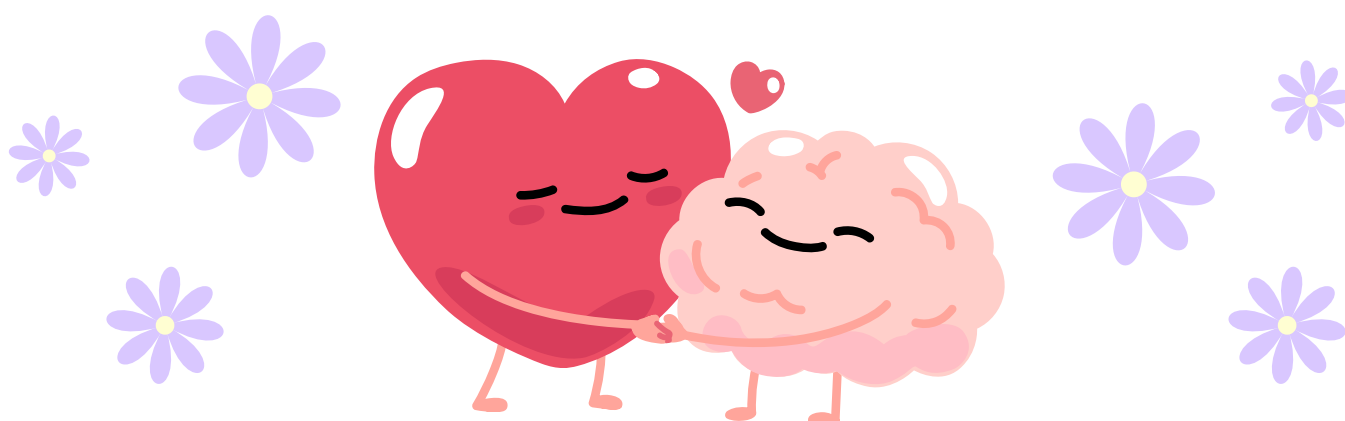
I still remember my very first hypnotherapy session, something shifted permanently. It felt like I had entered the most assuring, sacred space I had ever known. For the first time, I wasn't trying to fix or fight anything just gently meet it, and let it unravel. There was no pressure to be perfect, just the quiet trust that my subconscious already knew the way. *The zeal to heal was discovered when I surrendered*. That space inspired me to create the same for others today.

~Gursharan Kaur



Hello everyone i am Harpreet, a holistic healer and clinical Hypnotherapist, I am into this beautiful practice for the past few years, the experience and power of subconscious mind which is the key to all our life secrets from this as well as past lives, is beyond words , this can only be experienced to be understood, this vast ocean has solutions to all your life problems from goal achievements, Inner child healing, traumas, diseases, black magic to past lives issues, I am so grateful to my mentors Sangeeta Dasgupta and Yuvraj Kapadia sir for guiding me in this journey, in return I am able to help and heal so many lives from addressing their fear of heights, to release anxiety triggers, past lives, disease management and much more.

~Harpreet B. Sharma



EXPERIENCES FROM OUR COMMUNITY OF THERAPISTS

Year 2022, the month of September. On a random day in the autumn of Delhi, I was preparing for my psychotherapy exam as part of my semester examination; I came across this quote “ Until you make the unconscious conscious, it will direct your life and you will call it fate”.

This quote stayed with me for quite sometime, marking its presence intermittently through my own actions, which I didn't fully understand. While my own understanding of behaviours, thoughts, and emotions allowed me to come at various deductions, unsettling thoughts were always milling around in the corners of my mind.

As a student, I was deeply fascinated by the psychodynamic school of thought and Freud, Jung, and Adler always occupied a major part of my mind. The profound interest in the subconscious led me to exploring hypnotherapy.

And as I now know that “ nothing happens by chance”, I was very soon devoured by this field of work. Ofcourse with love and curiosity.

As a counselling psychologist, I would often work with the conscious realm - everything that could be recalled and observed with awareness. While working with that approach had its merits, a large part of me felt something was missing.

As hypnotherapy happened, it holistically brought everything together. It answered a lot of questions for me, and as I progressed through this journey, it healed a lot of parts in me, as I healed the same parts in my clients. And today, almost after a year of being introduced to this wonderful healing modality, I can fully appreciate the quote “ Until you make the unconscious conscious, it will direct your life and you will call it fate”

~Lakshay Bamrara, Counselling Psychologist



EXPERIENCES FROM OUR COMMUNITY OF THERAPISTS

8 YEARS OF HEALING, MIRACLES & MAGIC

Sonie Tandon Suri: Certified Clinical Hypnotherapist || Level 1 Trainer



From where I began to where I stand today—it's nothing short of a magical journey. A journey where I've only gone up, up, and UP! A real-life fairytale, where I've been blessed to meet real-life angels.

Hi, I'm Sonie—a Clinical Hypnotherapist.

But let me take you back to where it all began... back in 2017.

At the time, I was a Reiki healer and a Tarot card reader, guiding others on their spiritual paths. Yet, strangely enough, I couldn't heal myself. I had a persistent, mysterious back pain that would appear suddenly, without any warning.

It left me unable to sit, lie down, or even walk. Despite trying everything—doctors, therapies, energy work—nothing helped.

One day, while browsing online, I stumbled upon something called Past Life Regression Therapy. It claimed to heal pain when nothing else could. I was skeptical—but curious.

That curiosity led me to meet Sangeeta Ma'am.

And in just 2-3 sessions with her, something miraculous happened—my pain vanished.

Through regression, I discovered that the root of my pain was a past life, where I had died as a soldier in war. That unhealed trauma had followed me into this lifetime.

I was blown away.

I asked Sangeeta Ma'am how she had performed such magic—and that's when I was introduced to the world of Clinical Hypnotherapy.

In 2018, I enrolled in the course. I completed Level 2 in 2019. Then came 2020—the pandemic paused everything for two years. But I didn't give up. I resumed my journey in late 2022, completed Level 3, and in 2023, I finished Level 4 and Level 5.

But let me be honest—it wasn't easy.

In my Level 5 batch, we were 55 students. I felt like I was at the bottom—struggling to understand the concepts, doubting myself. But once again, destiny had other plans.

During our final practicals, I was chosen as the demo subject for Energy Management. And just like before, I was taken into a past life... and healed again.

This time, a 40-year struggle with sinus disappeared in just one session. Another miracle.

During my case submissions, the magic only grew stronger.

EXPERIENCES FROM OUR COMMUNITY OF THERAPISTS

8 YEARS OF HEALING, MIRACLES & MAGIC

Continue...

I witnessed unbelievable transformations—
Mothers and sons healing lifetimes of pain.
Clients unlocking financial abundance.
People finding long-lost peace.
I was no longer just healing bodies—I was healing lives.

Eventually, I became the first Clinical Hypnotherapist from my batch to receive certification—also becoming the second certified student of my mentor, Sangeeta Das Gupta Ma'am

But I knew my journey couldn't end there.

I made a decision—to not just heal, but to teach.
To create a team. To empower others. To help heal humanity—together.

Today, I work as a Clinical Hypnotherapist and Teacher in my home city, Gurgaon. And by the divine blessings of my mentor, I now also teach in Guwahati.

And believe me when I say—the magic has only just begun.
Because this journey... will never end.



BREAK THE HYPNOSIS YOU ARE ALREADY IN AND RECLAIM YOUR 'TRUE SELF'

~Sunny Bhasin, Certified Clinical Hypnotherapist

People come to me for various life issues they are dealing with, including managing relationships, money concerns, weight loss, addiction to smoking and more.

In my journey as a Certified Integrated Clinical Hypnotherapist, I found that the answer to problems lies in how my clients relate to the parts of them which they have ignored or pushed because the world told them who they had to be.

I recall a session with a client who came in wanting to quit smoking. On the surface, it was about health and habit. But under hypnosis, what surfaced wasn't addiction, it was rather a silent cry for freedom and acknowledgement. As a husband, father, and provider, he had lived his entire adult life fulfilling roles. The smoking and late-night drinks were stolen moments to not have the weight of expectations on him.

In trance, he met a younger version of himself who simply wanted to draw, to sit quietly without the weight of being useful. Gradually something softened and changed.
A woman client discovered that her anxiety wasn't a flaw, but a protector from a childhood of uncertainty. She need not choose between success and peace.

EXPERIENCES FROM OUR COMMUNITY OF THERAPISTS

Continue...

Hypnotherapy, to me, has come to mean integration of one's scattered consciousness and the return of a calming breath.

The therapy sessions shape my own consciousness as well. I entered this work as someone who had long navigated between the rational world of finance and the intuitive world of healing. Through practicing hypnotherapy, I began to listen more deeply to the subconscious from a place of curiosity as opposed to control.

That meant no fixing or saving but guiding someone into a quieter inner space, and helping them listen and do things what have long been ignored or blocked.

Healing doesn't mean the therapist helping someone, but it means creating a space where people can heal on their own by becoming more truly themselves.

Over time, I saw that the transformation in hypnotherapy is rarely about installing or suggesting new beliefs. More often, it is about clearing the noise so people can remember a truth they already held.

I understand the confusion and fear many have about hypnotherapy. Will I lose control? Are the stories from the subconscious real? Is past life a memory or an imagination of the mind? My answer came from experiencing sessions for myself, studying and practicing for years, asking queries to my mentors, and speaking openly with peers. My anchor became the resolution my client found and the feedback they gave about the benefits they experienced through the sessions.

I am grateful for this skill-set which allows me to understand and impact human behavior. And for the service nature of this profession which honors the unique human experience in each of us.



You are not alone on this journey – we're here to walk beside you, holding space for your healing and growth.



Hypnosis & the Subconscious Mind

- Your subconscious is 6000x more powerful than your conscious mind!
- You can rewire limiting beliefs in just 21 -90 days with hypnosis.
- Your communication style is shaped by your suggestibility pattern—and it can be transformed.
- With self-hypnosis, you gain emotional and mental control—You can use it for Self - Empowerment..



Who can benefit from a Hypnotherapy session?

- Professionals seeking clarity, focus, or confidence
- Students struggling with memory, anxiety, or performance pressure
- Individuals facing repeated patterns in relationships or self-sabotage
- People dealing with chronic pain or psychosomatic issues
- Anyone wanting to break free from addictions, phobias, or fears
- Those feeling stuck, disconnected, or emotionally overwhelmed



What can Hypnosis heal?

<i>Physical Complaints</i>	<i>Emotional Health</i>
<ul style="list-style-type: none">• Chronic pain• Psychosomatic illness• PCOD / Hormonal imbalance• Headaches / Migraines• IBS (Irritable Bowel Syndrome)• Acidity• Weight management• Sleep issues• Vertigo• Chemotherapy support• Medication side effects• Parkinson's Disease• Ulcers• Migraines• Diabetes• Thyroid	<ul style="list-style-type: none">• Anxiety• Depression• Stress management• Fear of failure / Fear of rejection• Low self-esteem• Sleep disorders• Anger issues• Relationship issues• Childhood trauma• Addictions (smoking, alcohol, etc.)• Guilt, shame• Procrastination• Public speaking• Perfectionism• Goal accomplishment



एकग्रा

Ekagra Karma ✨ Apara Antara

UPCOMING WORKSHOPS

- 2nd July :TaiChi & QiGong Sessions, Every Wednesday & Sunday, 8:30-9:15 AM
- 11th July: Guru Purnima Meditation Online, 9:30-10:00 PM
- 13th -15th July : Level 2: Integrated Hypnotic Modalities for Behavioral Resolutions (Theory, Online)
- 19th July: Introductory Course, Clinical Hypnotherapy, 5:00-7:00 PM
- 20th July: Art Therapy Workshop, Hybrid
- 21st July: Shravan Ekadashi Meditation, 9:30-10:00 PM
- 24th July: New Moon Meditation, 9:30-10:00 PM
- 26-27th July: Level 1: Basic Course in Integrated Clinical Hypnotherapy, Gurugram
- 31st July- 1st Aug: Level 1:Basic Course in Integrated Clinical Hypnotherapy, Guwahati
- 2-4th August : Level 2: Integrated Hypnotic Modalities for Behavioral Resolutions, Clinical Hypnotherapy, Practical, Guwahati
- 12th- 16th August : Level 3: Advanced Integrated Hypnotic Modalities for Health Resolutions, Clinical Hypnotherapy, Jalandhar
- 20th-24th August: Level 2: Integrated Hypnotic Modalities for Behavioral Resolutions, Clinical Hypnotherapy, Gurugram
- 28th August- 1st September: Level 3: Advanced Integrated Hypnotic Modalities for Health Resolutions, Clinical Hypnotherapy

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CONCEPT & DESIGN

SPARSHIKA TRIPATHI
-DIRECTOR OF BUSINESS DEVELOPMENT



SANGEETA DASGUPTA

THE HEALING OSHUN