

SEPTEMBER. 2025

INSIGHT: A GLIMPSE WITHIN

~ FAMILY THERAPY ~



The Connection Journal

September Edition

Welcome to The Connection Journal — a space to explore healing, communication, and growth within families. In this edition, we bring you insights, tools, and reflections to strengthen bonds and nurture harmony at home.



WHEN WE HEAL OURSELVES, WE HEAL
OUR FAMILIES. WHEN WE HEAL OUR
FAMILIES, WE HEAL THE WORLD.

-Unknown



Founder's Message

Dear Readers,

Happy Navratras . Hope you are all enjoying the festivities with your family.

Families are the first communities we are born into, shaping who we are and how we relate to the world. They are where love, belonging, and values are nurtured, but they are also where conflicts, misunderstandings, and unspoken emotions can quietly grow. It is within these close bonds that we experience both our greatest joys and our deepest challenges. This is why family therapy holds such a vital place in our healing and growth journeys.

Family therapy is not about finding fault or pointing fingers; it is about opening space for dialogue, compassion, and deeper understanding. Every family has its own story, woven from traditions, beliefs, expectations, and life experiences.

Over time, however, stress, communication gaps, or generational differences can cause fractures in these connections. When left unaddressed, such patterns often lead to distance, resentment, or repeated cycles of pain..

Therapy provides a gentle, structured way to untangle these knots, so families can begin to heal together rather than struggle apart.

At its heart, family therapy is about love and respect. It invites us to listen not just with our ears but with our hearts, to see beyond words and behaviors into the needs and vulnerabilities of one another.



Continue...

Through this process, families learn that disagreements do not have to mean disconnection. Boundaries do not mean rejection. And accountability does not diminish love; rather, it strengthens it.

This month, as we celebrate our festivals with joy and togetherness, the importance of family bonds becomes even more profound. Welcoming Ma Durga into our homes is not just a ritual—it is an act of devotion that reflects how we receive her as a beloved daughter, blessing us with strength, love, and protection. Festivals remind us that families thrive when they come together in respect, affection, and shared celebration. They teach us that harmony within the household mirrors harmony within society.

In today's fast-paced world, where individual pursuits often overshadow collective well-being, family therapy reminds us that healthy families are the foundation of healthy societies. When families function with mutual respect and empathy, children grow up feeling secure and valued, adults feel supported and understood, and the ripple effect extends into workplaces, communities, and beyond. Healing within the family system is not just personal—it is profoundly social.

Seeking therapy does not mean your family is broken; it means you care enough to nurture it. Just as we water a plant to help it flourish, family therapy helps love, trust, and respect grow stronger. Each step taken toward understanding one another is a step toward building resilience, harmony, and unity.

As we welcome *Ma Durga* into our homes and hearts this season, may we also welcome greater love, acceptance, and togetherness within our families. May this festive time remind us that, just like the Goddess, every family holds the power to nurture, protect, and transform.

***With warmth and gratitude,
Sangeeta Dasgupta
Founder, The Healing Oshun***



Journal Prompts

To Encourage reflections on family relationships

- What is one cherished memory with your family that makes you feel connected?
- When do you feel most supported by your loved ones?
- Write about a family tradition that brings you comfort or joy.
- What's one small way you can improve communication at home?
- Describe a challenge your family overcame together. What did it teach you?
- How do you show love in your family? How do you receive it?
- If your family had a "strength superpower," what would it be?
- Write a letter (not to be sent) to a family member you wish to express gratitude to.
- What does "home" mean to you beyond just a physical place?
- Imagine your family 5 years from now—what kind of connection do you hope to see?

Studies show that families who eat together regularly have stronger bonds and children with better emotional well-being.

Children who feel heard by parents are more likely to develop strong self-esteem and healthier peer relationships.



Affirmations

To create healthy family relationships

- I choose patience and kindness in my family connections.
- Our family grows stronger through open and honest communication.
- I honor my needs while respecting the needs of my loved ones.
- Healing within me creates harmony within my family.
- We are learning, growing, and loving together every day.
- I release old patterns and welcome healthier ways of relating.
- Love and respect guide my words and actions at home.
- I am grateful for the bonds that support and nurture me.
- Every challenge is an opportunity for deeper understanding.
- Peace begins with me, and I bring it into my family.

Families that engage in playful activities together report lower stress and stronger bonds.



Families who practice gratitude together often raise children who are more empathetic and giving.

Fun-Time with Family

Discover simple and meaningful activities to connect, create, and grow stronger as a family.

Connection & Reflection

- **Family Gratitude Circle:** Each person shares one thing they're grateful for about the family.
- **Story Night:** Share childhood stories or family history.

Fun & Play

- **Board Game Night:** Choose a game that everyone can enjoy.
- **Cooking Together:** Pick a recipe and prepare a meal as a team.

Outdoors & Wellness

- **Nature Walk / Picnic:** Spend a day in the park with no devices.
- **Gardening Together:** Plant and nurture something as a family project.

Creative & Expressive

- **Art & Craft Session:** Paint, make collages, or build something together.
- **Memory Jar:** Write happy moments on slips of paper and collect them.

Every family is a journey of love, growth, and understanding. Embrace small moments of listening, laughter, and support. These simple acts strengthen bonds, nurture connection, and create a home filled with warmth, trust, and togetherness.



Article of the Month



About the Author

Dimple Walia, an engineer by qualification, an artist by heart, an explorer by mind and a seeker by soul. She is the author of four books and currently delving into the field of art, expressing herself on canvas.



Family, the basic unit from where our life starts, the foundation that builds us up and the pillar that holds us through the ups and downs of life. But is everyone so fortunate to have a loving, caring and supportive family? Does everyone get the opportunity to have this strong and sturdy foundation? Does everyone really find the much needed strength from their family?

Though majority of parents start their families with the pure intention of creating beautiful and strong bonds, they somewhere fail to achieve the same. They often wonder where they went wrong. They work tirelessly, manage their household chores, children's classes, homeworks, projects, family functions, visits to the doctors, vacations and what not. Still something goes missing as time passes. Children grow up, they build resentments, parents sulk, siblings have conflicts and the unit is shaken up.

What can be the reason?

There may be many. Parents get overworked and burnout fulfilling all the responsibilities. They start ignoring their own needs. The relationship between husband and wife often takes backseat while raising the kids. The jobs become too demanding. Children show up different characteristics that parents are not ready to cope up with. There is mental and physical exhaustion. But the most important reason is the lack of spiritual awareness. Quite often the parents themselves are wounded. They have their own hurts and scars that they never addressed. They think they have tackled their problems but the wounds stay buried deep within and with time they flare up, triggering them at inappropriate times.

And unhealed parents fail to build a harmonious family, however sincerely they try.

The result is an unharmonious, unhappy and sometimes a dysfunctional unit. Parents try to control the kids, either by being overly strict or overly protective. Children are subjected to sometimes too harsh and sometimes too pampered environment. Sometimes children feel burdened by too much expectations and sometimes children fail to have any sense of responsibility because they are too spoiled by the so called 'loving' parents.

So what is the solution?

Solution lies in healing. As an adult, one should seriously address his/her inner issues. It definitely is not a one day job. Healing takes months and years but if one is vigilant and aware of their inner world, feelings, emotions, thoughts and how they impact their actions, then their healing mode is always on. Healing is an ongoing journey. There is always a scope for improvement and learning. So everyone should intend to make themselves a healed and awakened personality so that beautiful families can be created.

Every family has some spoken or unspoken rules that they abide by. What can an awakened family look like? What can be the rules they follow....

- There is an environment of learning. The house has a library, full of meaningful books on various subjects. Parents are readers and learners. They very well know that children watch their behaviors and not necessarily listen to the lectures they are given.
- If someone is agitated or annoyed over something, no one lectures him/her at that particular time. He is allowed to vent out. Family must after all be a safe space for everyone.
- After the turbulence of emotions has settled down, the real discussion takes place...after few hours or few days. This ensures that nothing remains suppressed within.
- If a conflict arises among family members, no one dares to use abusive language. Everyone knows that words can leave a huge impact, both positively and negatively. So, however angry one is, crossing the boundaries is a big No.

- If someone makes a mistake or even blunder, others stand by him/her to convey, "It's ok". Mistakes after all are to be corrected and not to be insulted.
- Responsibilities are shared. Everyone has an important role to play and it is made sure that each one performs his duties diligently. This way one person is not overly burdened and doing the chores gives sense of achievement, sense of belonging and sense of being an important member to the kids.
- Difference of opinion is handled with maturity. Parents demonstrate in real life scenarios how they remain respectable towards each other even in tough situations where both parties hold altogether different views about certain things. They agree to disagree, gracefully.
- The family laughs together but they make sure that no one laughs at each other. No one is body shamed, ridiculed or put down.
- Different perspectives and approaches are welcome. Everyone is appreciated for looking at things differently and creatively. Elders too learn from younger ones and thus they help the kids to identify their strengths.
- Everyone apologizes if they hurt someone intentionally or unintentionally with their words or actions. Thus it is ensured that negativity does not find permanent ground in someone's heart.
- The values like honesty, integrity, truthfulness, respect are shown in day to day dealings. Parents very carefully choose who their role models are, what kind of people (and what kind of characteristics) are appreciated and who are the ones whom they look up to.
- Travelling together is always an energy booster. Eating out, dancing, singing, and even making reels might sound superficial activities but they are much more than that. They are the memories a family creates, the fun they experience and the bond they develop. So family time is must where some activity which everyone enjoys, is done.

So all in all, it all starts with an awakened personality. The more one is healed and aligned with the higher self, the more are the chances to make better decisions in every scenario. Hope we all take this responsibility to work on ourselves and connect to our higher selves and create a beautiful environment.



SEPTEMBER 2025

Upcoming Workshops

- 6th October: Full Moon Meditation, 9:30-10:00 PM
- 16th October: Dhanteras Meditation + Ritual , 9:30-10:15 PM

Emerge into Poetry: The Wait is Over



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