



# MONTHLY NEWSLETTER

January



By  
*Healing Miracles*

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# INTRODUCTION

Welcome to a space of positive energy and transformative experiences! I'm Joyita Goswamy, a Reiki Grandmaster with 25 years of dedicated exploration into energy, consciousness, and ancient wisdom. In my practice, I offer a range of modalities such as Reiki Healing, Akashic Reading, Energy Vaastu, Inner Child Healing, and more. As a mindfulness and forgiveness coach, I guide individuals towards self-discovery, liberation, and inner peace. Join me on this odyssey of holistic well-being, where we embark on a shared journey of healing and renewal.



## Featured Articles:

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### **Dive into the importance of achieving balance and harmony**

When you think of well-being, what comes to your mind?

Health and happiness or love and happiness or safety and security or maybe prosperity and success and for others maybe meaning and purpose in life.

But what about balance and harmony?

Balance and harmony in all aspects of life are essential and is an age-old quest rooted in the fundamental human desire for well-being and fulfilment. For our physical health, when our body and mind are in balance, our immune system functions optimally and we are prone to less illnesses. It promotes better sleep and enhances energy levels.

### **The Magical ABC**

Eating raw foods is an essential part of a healthy lifestyle. Raw foods contain high prana,

which is the life force energy that helps to nourish and revitalize the body. This makes it an

ideal choice for those looking to improve their overall health and wellbeing. Prana is believed

to be the life force in all living things, and it can help to improve energy levels, physical and

mental health, improve your mood, and make you feel more alive. Click to read more :

<https://www.healingmiracles.in/the-magical-abc/>





## UPCOMING EVENTS AND WORKSHOPS:

### Free healing Tuesday:

Since the last 4 years, every Tuesday, Healing Miracles has been offering FREE distant healing to those who need. It consists of distance Reiki being sent and/or group Spiritual Clearing, both of which are a very effective forms of healing. Because this is a FREE service healing will be sent only on Tuesday at 8pm IST for over 12 hours, and does not include any follow up or discussions of the sessions.

If you prefer a more individual approach to Distance Healing or require followup and/or a discussion of your condition and healing session you are welcome to go for a paid Distance Reiki Session or Spiritual Clearing [HERE](#) (please note-the sessions offered there are Not free)

### Vision Board and Goal Setting for 2024

Get ready to embark on a transformative journey at our upcoming workshop on Vision Board and Goal Setting for 2024!! This online workshop is designed to empower you with the tools and insights needed to manifest your dreams and aspirations in the coming year.

### Reiki Attunement :

1 to 1 Attunements, Online/offline classes at mutually convenient time, All level attunements, certificate is given, lifetime support.

### Full Moon Meditation :

Full moon meditation can offer a powerful and healing experience, with the potential to help you relax, connect with your inner spiritual self, and manifest your goals. By meditating together in a group setting during the full moon, it is possible to achieve much more than individual solitary practice.



# UPCOMING EVENTS AND WORKSHOPS:



## New Moon Food Distribution :

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## Dowsing Level 1 : Pendulum Dowsing

This a 2 hours intensive online class where you will learn :

- To cleanse, initiate and activate your pendulum.
- To use the pendulum as a powerful tool of energy channeling and to connect to subconscious.
- Attunement through guided meditation.

## Reiki Self-Care

When I come across Reiki channels who tell me they're not practicing self-Reiki, I try not to get too concerned. It's difficult to explain to them, that you're throwing away a diamond, since you don't realize that's what's in your hands.

Your Reiki self-care practice is the source of your well-being, keep practicing to start feeling the benefits, which grow overtime. Life can be challenging right now, but you could feel more supported, more balanced and centered and can be used to support those you love.

Join our online self-practice session to help heal yourself and the world by healing ourselves. I have a thing about daily self-Reiki. I really want every Reiki practitioner to discover how positively life-changing and life-supporting it is.

Eligibility : minimum Reiki Level 1 (from any Reiki Master)





**Jayshree Hazarika - Guwahati**

## Client Testimonials:

Joyita Ma'am, you came like an angel into my life. My perfect Reiki manifestor. You have always been a helping hand whenever I needed it, especially when I asked for healing for my infant nephew. Those were very difficult days for my sister, but you were always there, asking about their welfare. Do keep your blessings always on me and my family

For more reviews click :

<https://tinyurl.com/2v2bnbrh>

## CONNECT TO US :

Click to access our socials or to connect to us.



### What we did last month :

- Reiki Refresher
- Group Spiritual Clearing
- Visit to Sahaj Sambhav an NGO working for rehabilitation of drug addicts
- Food donation at Blind School, Delhi
- Year-End Transformation Workshop
- Reiki Attunement
- Webinar on 'Honoring The Inner Child' for NGO Inner Wheel Club Chandigarh Harmony



## Suggestions Welcome:

*What would you like us to include in our newsletter?*

Email: [thehealingmiracles@gmail.com](mailto:thehealingmiracles@gmail.com)