

## My journey with Geeta

Hi, I am a middle-aged lady living in Mumbai with my husband. Both my kids are settled overseas. I grew up in Mumbai and have always been here. Had a great childhood, loving parents and a strong value system.

### **My struggle issues and challenges:**

Lack of self-confidence, low self-esteem and lack of self-love.

Always compared myself with my siblings.

From a bubbly young teenager, I became nervous, insecure person.

Anxiety and 1<sup>st</sup> stage of depression.

### **My story:**

I got married into a huge family. I had dominating in laws and my husband was the only son who was always pampered - the usual story.

I was always compared with my five sisters in law.

Anyways children grew up and left for overseas and my in laws passed away.

I suffered from the empty nest syndrome.

My husband grew more understanding and compassionate over a period of time.

I started my own small business and was doing a fine, until Coronavirus struck.

My husband lost his job too.

I started my psychiatric treatment. And I was heavily sedated all the time.

### **Symptoms physical emotional and mental:**

I was going through anxiety and the first stage of depression

Any stress, and I would feel a severe shooting pain below the diaphragm.

I was just dragging myself along.

I definitely could not focus. I would always feel as if I'm being inattentive and I felt like a scatterbrain.

I felt negative all the time and lacking motivation to do anything. Even if I had to go to a shop to do a simple thing, like return something, my palpitations would increase and I would feel very self-conscious as if everyone is looking at me.

I would have sweaty Palms and at times would stammer and stutter.

In a group, I would always be the last one to speak.

I could never take the initiative to be the first one to voice my opinion.

Sometimes it wasn't possible for me to crack a joke amongst my friends. I would always goof up on the punch line, as I would imagine that everyone is staring at me and that everyone is going to find fault with me.

## **The tools that helped me and my journey with Geet my mentor.**

Geet has known me now for a couple of years I had done the Louise Hay course with her.

I have had lots of sessions with her for example Setting Boundaries and Seeds to process fear and anxiety etc.

She taught me to say NO when it was needed

I regularly did Om chanting and Humming.

I did a lot of journaling and doodling too.

And I never gave up on my positive affirmations whether it was writing them down or constantly saying them to myself all the time.

Then I also did some loosening practices every morning diligently.

I practised tapping all over my body to increase my blood circulation and also under the soles of my feet (reflexology of sorts) which really helped and invigorated me.

I did oil massage over all over my body and hot oil massages on my scalp too.

Mirror work did help too.

I did a lot of punching the pillow work which really gave me a release and an outlet to vent my emotions.

So now I am sorted and better equipped to deal with my negativity and anxiety.

I am now regular with my therapeutic methods which has brought about a total change in me.

The key to CHANGE is DISCIPLINE and REGULARITY in the therapeutic processes and tools that I used.

## **The changes I feel after the self-healing journey:**

I feel more confident and sure about myself.

I feel fearless.

I voice my opinion.

I don't let anyone treat me like a pushover.

I feel peaceful and don't panic as much as I used to.

I am more calm and composed.

They say a journey of a thousand miles starts with one step thanks to Geet I have taken a huge leap.