

I am a Kinder Garten teacher.

My struggle/issues/challenges:

- I had issues with my very close relative.
- She was really dominating. She was there in my every situation, every time and everywhere. She was present in every place or country that I would go. She used to interfere in my every smallest decision.
- It went for 20 years, after 1 year of my marriage.

The symptoms (physical, emotional, mental)

- It affected me completely-physically, emotionally, mentally. Specially my confidence was really affected.
- I lost interest in my looks, fitness, etc. If I had fever or headache when she was around, I used to ignore my pain. I would not get proper sleep. If she would say, we will wake up at 5 morning and I would not feel like waking up just because she had said it.
- Emotionally I was shattered. I used to feel morally down. I would feel the lack of confidence. Completely zero confidence I can say.
- Unknowingly I used to do things just to make her happy at the cost of everything.
- My full focus was to avoid her and for that I would lie to any level.

The process and journey of dealing with your struggle/issues/challenges:

- I needed therapeutic processes. As I had tried everything, but nothing helped . Then only Geeta's self healing process helped me. It was like miracle for me. I took 2 sessions but those were amazing. I just can't believe that I am the same person.
- I just followed affirmations given by Geeta. I would do my affirmations, just like my mantra jap, when I did my prayers .
- The therapy was the support for me. I felt my inner strength, which was not there before.
- Geeta taught me how to set Boundaries and say a NO when needed.
- She taught me how to value and take care of myself and my needs.
- I would practise being in safe space (the energy ball exercise).

The change that I noticed while going through the self healing journey

- It was such a relief. I felt as if all the negativity was getting thrown out.
- I was at mental peace; I didn't have to lie, decision making was sorted, I felt more confident, morally too I felt good.
- With all these things getting better, I felt that the Cosmos was giving me opportunities and those opportunities were adding to my confidence .

The change that I feel after the self healing journey

- I feel free and confident.
- I feel confident with that particular person and with others as well.
- I feel free to tell my story.
- I feel fearless.
- I strongly believe now, that if we have faith in our self, automatically Cosmic intelligence helps us.
- In every field I feel sorted .