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sailing ships



MORE INSIDE THIS QUARTER



Did you know?



Creative Chronicles



Breakthroughs



Your Playground



Mindful Pause



FAVOURITE FINDS

Ordinary People by Judith Guest is a quiet, powerful novel about grief, healing, and the emotional struggles within a family. It follows Conrad Jarrett, a teen coping with his brother's death and his own suicide attempt. Through therapy and strained family relationships, the story explores male emotional vulnerability with rare honesty.

Conrad's journey, and that of his father, highlights the quiet, difficult process of healing and learning to feel.

With no easy answers, Ordinary People offers a tender, truthful look at what it means to survive emotional pain—and begin again.



FAVOURITE FINDS



Gram Chikitsalay (Prime Video)- A newly posted doctor in a rural Jharkhand clinic discovers a boy with Dissociative Identity Disorder (DID)—and begins a journey of empathy over diagnosis.

Why it's worth watching:

- Touches on mental health with warmth and sensitivity
- Offers a real look at rural life and care
- Breaks stigma through simple, heartfelt storytelling

A gentle, meaningful series that reminds us healing begins with understanding.



DID YOU KNOW?



A 2022 systematic review found that both individual and couples-based trauma therapies lead to significant reductions in PTSD symptoms—and importantly, couples therapy also boosts their relationship quality.

When one partner begins to heal, it creates space for deeper empathy, trust, and emotional safety in the relationship. Healing is contagious – and love often grows in that shared space.

[click to read](#)





Teen Talk: What Today's Young Minds are Struggling With

In the therapy room, I often meet teenagers who sit across from me with folded arms, tired eyes, and a heart full of things they don't know how to say. Behind the sarcasm, silences, or screen-addicted stares, there's often a quiet plea: "Help me figure out who I am. Help me make sense of this world."

Today's teens are navigating a landscape far more complex than the one we grew up in. It's not just about school stress or peer pressure anymore, it's an entire ecosystem of emotional overwhelm, unspoken grief, fractured attention, digital dependency, and identity confusion. Many of them feel like they are expected to be everything at once: high-achieving, emotionally mature, socially aware, physically fit, and constantly online, while also trying to figure out their place in the world.

So what are they really struggling with?

1. Loneliness in a Connected World

Despite being constantly "connected," many teens feel deeply alone. The curated perfection of social media often leads them to believe that everyone else has it together. Underneath this, there's a lack of real belonging and safe spaces to be themselves without judgment.

2. Performance Pressure

Academic expectations, extracurricular overload, and the pressure to "make it big" early has led to chronic stress. Many teens report feeling anxious even during breaks, unable to rest without guilt. They are being pushed to prepare for a future that feels increasingly uncertain.

3. Emotional Regulation Challenges

Teens today are emotionally intelligent but overwhelmed. They may know the terms — anxiety, depression, trauma, but still feel helpless in managing their own emotional tides. Many haven't been taught how to feel their emotions safely, so they either shut down or explode.

4. Parent-Teen Disconnect

Many teens say: "They just don't get me." And many parents say: "Why is my child so angry or rude?" There's often a breakdown in communication where both sides are hurting, but don't know how to bridge the gap.

5. Fear of Failure and Identity Confusion

Teens grapple with big questions: Who am I? What if I fail? Am I enough? In a world that demands constant self-promotion, many feel like they're falling behind, unsure of their values, voice, or path.

So, what can we do?

We must meet them where they are, not with lectures, but with listening. Not with advice, but with empathy. Teens don't need perfect parents, teachers, or therapists. They need emotionally safe adults who can hold space for their messiness, uncertainty, and big feelings.

Encourage them to express, through art, music, journaling, or movement. Teach them it's okay to not have it all figured out. Help them slow down and breathe. And most importantly, let them know: you matter even when you're struggling.

Because when we show up with presence instead of pressure, we give young minds the most healing gift of all, the permission to just be.





Counsellor's Confession: What I'm Learning as I Heal Others

People often think that as therapists, we are the ones holding space, guiding others, and showing the way. But what many don't see is how often our clients hold a mirror to our own lives. In every session, every pause, every tear, there's something sacred unfolding not just for them, but for us too.

This is my confession: I am not above the healing. I am within it.

Over the years, I've sat with children who don't have words for their pain but speak through their play. I've sat with teenagers who challenge every rule, yet silently hope someone sees through their anger. I've sat with grieving adults, trying to make peace with what was never said, never resolved. And with each of them, I've quietly healed parts of myself too.

Here's what I've been learning:

1. Holding space begins with softening my own edges

There are days I enter a session tightly wound, from my own deadlines, personal worries, or just fatigue. But the moment I sit down and tune in, something shifts. I'm reminded that being present doesn't require perfection, it requires softness. It requires me to unclench, to listen deeply, and to breathe with the other person.

2. Progress is not always linear, for them or for me

Some clients come in like a storm, then slowly settle. Others leave me wondering if anything is shifting until one day, they say something that takes my breath away. It reminds me that healing is never a straight line. Neither is mine. I, too, fall back into old habits, overthink, or feel low. But like them, I get back up with a little more wisdom each time.

3. I cannot rescue anyone but I can walk beside them

In my early years, I wanted to fix everything — give the right technique, say the right words. Now I know that healing doesn't come from fixing; it comes from being witnessed with compassion. The power lies not in solving their story but in standing with them as they find their voice.

4. Every person teaches me something I needed to remember

A child once told me, "It's okay to be scared — it means you care." That line stayed with me. A grieving mother reminded me of the resilience of love. A young adult struggling with identity taught me that it's okay to be many things at once.

Their journeys weave into mine, gently nudging me to return to my own truths.

I don't have all the answers, and I've stopped trying to. What I do have is the willingness to show up, over and over again, in the messy, magical process of being human.

So while I guide others towards healing, they're unknowingly healing me too. And in that quiet exchange, without words or acknowledgment, something sacred and real takes root.

This is why I do the work. This is why I stay.

Breakthroughs



In couple's counselling, progress often begins when one partner takes a brave step inward. This month, a young couple sat across from me — tense, tired, but still trying. For weeks, the sessions circled blame and silence. Then one day, the man paused, breathed deeply, and said, "I think it's time I stop running from my past."

That moment changed everything.

He began unpacking childhood wounds, old patterns of withdrawal, and the walls he built to stay safe. Not to please his partner — but to understand himself. As he softened, so did the space between them.

Healing relationships starts with healing ourselves — and this was a beautiful beginning.



YOUR PLAYGROUND

What to do:

Take 10 minutes. On a page, write the names of 5 people who have impacted you – positively or challengingly.

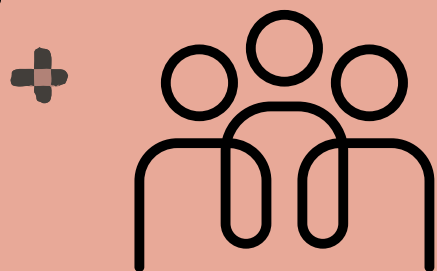
Next to each name, answer:

- What did I learn about myself through them?
- What part of me shifted, softened, or healed?

You'll be surprised how much wisdom others reflect back to us.

Reflection Prompt:

"Who have I unknowingly healed, and who has unknowingly healed me?"



MIRROR MOMENTS

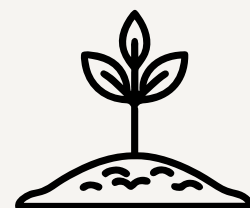
mindful pause ✨ ✨

The 3-2-1 Reset

Take a moment. Sit still. Breathe gently.

Now notice:

- 3 things you can see
- 2 things you can feel (physically)
- 1 thing you can hear



Let yourself arrive fully into this moment.
No fixing, no rushing – just being.

Take one deep breath... and continue



WALL OF FAME



We're honoured to have recently collaborated with incredible communities and platforms that are shaping the future of mental health and holistic wellbeing:

🧠 Disha Counselling Centre - for meaningful work in emotional and behavioral support

♥ Pune Mental Health Meet & Mixer - for creating space to connect, share, and grow together

🌸 India Soul Fest - for celebrating healing, art, and soul-aligned living

Grateful to be part of these journeys, together, we rise.



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MEET THE TEAM

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nurture karma soul
pure holistic spiritual compassion
HEAL intuitive trust connect
wisdom ask balance
accept believe receive
awaken unconditional love
ENERGY guidance
intention inner child
GRATITUDE forgive
divine GRACE release

