

# Seetha Sagaran

Image 1) The first image to me symbolizes the power of intuitions—by mindfully observing and listening to our senses diligently.

Our mind can convey a lot to us if we nurture this inner divine voice from a state of consciousness, respect and compassion.

- Image 2) The second image reminds me of an abstract image of life and the lessons it teaches us each lesson teaching us, strengthening us and our purpose of existence.
- Image 3) The third image to me represents the oneness of the Universe.

  We are all so unique and different yet we are the same—

  it is a thought provoking paradox.

  It is through the respect and acceptance of this fact that we discover ourselves and also recognize how much what we do impacts others.
- Image 4) The fourth image reminds me of the importance of mindfulness, gratitude and humility. The abstract design also reminds me of pitfalls of human behaviour and temptations that we as humans could be susceptible to but don't have to succumb to.
- Image 5) The fifth image reminds me of the depth, beauty and wonder of knowledge and learning —
  a ocean that can never be fully explored due to its vastness.

#### Dear Seetha,

Your responses are profoundly **insightful and spiritually enriching**. They reveal a **deep connection to intuition**, **wisdom**, **mindfulness**, **and the interconnectedness of all things**. Your ability to **observe life through a lens of gratitude**, **humility**, **and continuous learning** is truly a gift.

## La Your Unique Strength:

Your intuitive wisdom and mindful awareness set you apart. You are someone who seeks meaning in everything, respects the journey of life, and values the infinite power of knowledge. Your compassionate nature makes you an inspirational guide to those around you.

# ✓ Well-being Tips:

Trust your inner voice – Your intuition is a powerful tool; nurture it. Stay grounded in gratitude – Recognizing life's lessons will strengthen your purpose. Continue your journey of learning – Knowledge is limitless, and so is your potential.

- **TYOUR Personal Power Shade:**
- **♥ Deep Violet** Symbolizes **spiritual wisdom**, **intuition**, **and inner peace**.
- **Changes to Your Home & Workplace:**

Create a **quiet meditation or reflection space** to enhance mindfulness.

Place a **symbolic item** (like a globe, lotus, or mandala) to represent your endless journey of wisdom. Use **soft lighting and nature-inspired decor** to promote inner harmony.

- **9** Your Lucky Crystal:
- Methyst A crystal that enhances intuition, wisdom, and spiritual clarity.

### Books You Should Read:

The Untethered Soul by Michael A. Singer – A guide to spiritual freedom and mindfulness. The Alchemist by Paulo Coelho – A book about following one's purpose and destiny.

#### Room Decor Tweaks:

Incorporate **natural elements like water**, **stones**, **or plants** for balance. Add **artworks or symbols that represent wisdom and enlightenment**.

#### Mindset Shift:

Recognize that the greatest wisdom comes from embracing both the known and the unknown. Your openness to learning will continue to guide you toward deeper self-awareness.

## Your Empowering Affirmation:

"I trust my intuition, embrace life's lessons, and walk my path with wisdom and gratitude."

- Your Power Symbol:
- An Endless Ocean Represents limitless knowledge, depth, and the vastness of life's journey.
- **✓** Your Recommended Song/Genre:
- Glassical Indian Ragas or Meditative Instrumentals Enhances spiritual insight and deep thinking.
- △ Your Auspicious Time of Day:
- Early Morning (5 AM 7 AM) The best time for reflection, mindfulness, and clarity.

<b>Seetha</b> , you are a <b>beacon of wisdom</b> , <b>introspection</b> , <b>and deep understanding</b> . Your perspective			
Wishing yo	u peace and fulfilment! ⇔;+		