

Lunar New Year

2024 The Year of the Dragon



Welcome the Year of the Dragon

On February 10, 2024, we embrace the arrival of the Lunar Year of the Dragon, marking the beginning of a new cycle in the Chinese zodiac calendar. This 12-year cycle, characterized by 12 distinct animals in sequence—Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog, and Pig—holds profound cultural significance.

Years of the Dragon, such as 2036, 2024, 2012, 2000, 1988, 1976, 1964, 1952, are believed to imbue individuals with inherent qualities of courage, tenacity, and intelligence. Those born under this sign often exhibit boundless enthusiasm and confidence.

2024, designated as the Year of the Wood Dragon, commences on February 10th, coinciding with Chinese New Year, and culminates on January 28th, 2025, the eve of the subsequent Chinese New Year.

In Chinese tradition, the Dragon occupies a revered position as a symbol of auspiciousness and extraordinary prowess. It embodies traits such as power, nobility, honor, luck, and success. As 2024 unfolds, it is anticipated to bring forth a plethora of opportunities, transformations, and trials. For those seeking to pivot their current circumstances, this year may present propitious prospects.

We invite you to join us in celebrating the Lunar New Year and harnessing its potential for manifestation.

Be your own Valentine

Why is it that when we mention Valentine's Day, our minds instinctively turn to others? Our partners, spouses, kids, parents, and other significant individuals in our lives undoubtedly deserve our love and attention. Yet, amidst showering affection on those around us, do we afford the same care and kindness to ourselves?

This Valentine's Day, on 2/14/2024, let's prioritize self-love. It could be as simple as taking a moment to savor your morning cup of coffee in solitude, treating yourself to a Reiki session for inner healing, or immersing yourself in a heart chakra self-love meditation alongside me.

Let's transcend the notion of "Love thy neighbor" and extend that love inward, towards ourselves. I invite you to join me in embracing and experiencing the profound power of self-love.

Reserve your Space



REDISCOVER RECLAIM REALIGN

February 2024 Events

New Moon Manifestation - Online on 2/9/24 @ 8:00am EST, 9:00pm SGT, 6:30pm IST, 5pm UAE time

Reiki Intro Talk - Online on 2/10/24 @ 9am EST, 10pm SGT, 7:30pm IST, 6pm UAE time (Free talk)

Valentine Day Meditation - Online on 2/14/24 @ 8:00am EST, 9:00pm SGT, 6:30pm IST, 5pm UAE time

Demystifying Hypnotherapy - Online on 2/17/24 @ 9am EST, 10pm SGT, 7:30pm IST, 6pm UAE time (Free talk)

Full Moon Meditation - Online on 2/24/24 @ 6pm EST, 9pm SGT, 6:30pm IST, 5pm UAE time

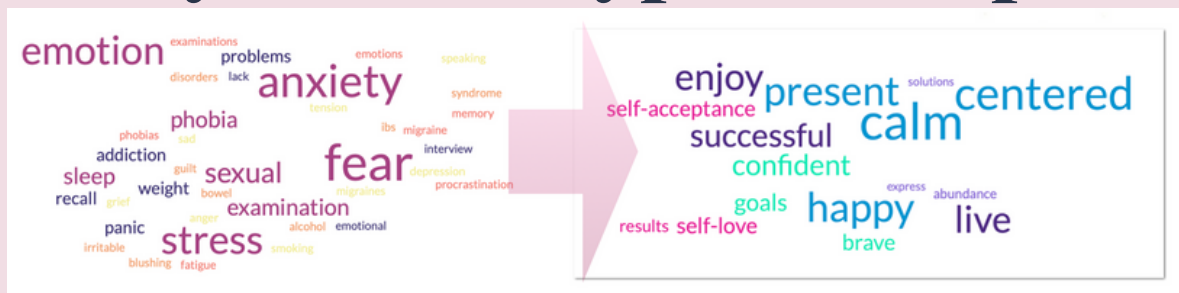
Meet Your Inner Child - Online on 2/29/24 @ 9am EST, 10pm SGT, 7:30pm IST, 6pm UAE time (Free talk)

Manifest Year of the Dragon- One On One Workshop by Appointment only

RSVP: @beingyouwithritu +1(980)-316-9801

Reserve your Space

Why visit a Hypnotherapist?



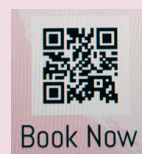
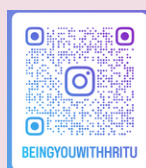
Consider consulting a hypnotherapist if there's any aspect of your life you're eager to transform. Whether it's about initiating positive habits or overcoming persistent challenges, hypnotherapy offers a pathway to accessing your inner potential.

For millennia, altered states of awareness have been acknowledged, with hypnosis emerging as a widely recognized therapeutic tool for unlocking our subconscious resources. Through hypnotherapy, individuals can delve into their past to address lingering issues or focus on tackling present-day obstacles. Emotional struggles that seem insurmountable can often find resolution through hypnotherapy, and certain physical ailments like IBS and insomnia have shown responsiveness to hypnotic treatment as well.

It's crucial, however, for individuals with clinical conditions such as depression, epilepsy, or schizophrenia to first consult their GP before embarking on hypnotherapy. Hypnotherapists frequently integrate hypnosis with various psychotherapeutic and counseling techniques to tailor treatment to each individual's needs and concerns. The specific techniques employed will be determined by the particular challenges or goals the individual seeks to address.



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Personal Sessions By Appointment

