

Happy New Year - 2024

As you step into the new year, may it be a journey filled with self-discovery, and healing. May you find the strength within to prioritize your mental and physical health. Here's to a year of self-care, growth, and embracing the transformative journey towards a healthier and more balanced you. Happy New Year! ✨

New Year and New Moon in Capricorn

A new moon occurs when the Moon is between Earth and the Sun, and thus, the side of the Moon that is in shadow faces Earth. The moon is not visible on this night. As every night passes, the size of the moon visible from Earth increases, culminating in a full moon.

Energetically, the New Moon is the time to set intentions and manifest goals. You have various goals in life—self-goals, health goals, relationship goals, work goals, and more. So, how do you decide which goals to pursue every New Moon? The guidance for that once again comes with the lunation.

The New Moon on Thursday, January 11, 2024, is a New Moon in the constellation of Capricorn. You can use the enhanced energies of Capricorn to set intentions. The teachings of Capricorn emphasize the precious nature of energy and attention as finite resources. Capricorn's structure involves resolving emotional issues and setting boundaries with people or attachments. By taking charge of your attention and focusing energy on what truly matters, you empower yourself to cultivate a cycle of reciprocity, ensuring that you invest in things that give back and contribute to your overall well-being.

Let's get together on the Capricorn New Moon and work through our relationships with ourselves and the world around us.

[Reserve your Space](#)





January 2024 Events

- **Reiki Level-1 Training** -Online 1/8/24 to 1/10/2024 @7am EST-10am EST, 8pm-11pm SGT, 5:30pm -8:30pm IST, 4pm-7pm UAE time
- **New Moon Manifestation***- Online on 1/11/24 @6:30pm EST, 9:30pm SGT, 7pm IST, 5:30pm UAE time
- **Reiki Intro Talk** - Online on 1/15/24 @9am EST, 10pm SGT, 7:30pm IST, 6pm UAE time (Free talk)
- **Demystifying Hypnotherapy*** - Online on 1/22/24 @ 9am EST, 10pm SGT, 7:30pm IST, 6pm UAE time (Free talk)
- **Full Moon Meditation***- Online on1/25/24 @ 6pm EST, 9pm SGT, 6:30pm IST, 5pm UAE time
- **Meet Your Inner Child** - Online on 1/31/24 @ 9am EST, 10pm SGT, 7:30pm IST, 6pm UAE time (Free talk)

Manifest 2024 of your dreams - One On One Workshop by Appointment only

*Seperate sessions for USA, Europe & Asia, Middle East

RSVP: +1(980)-316-9801

Reserve your Space

Gratitude is the key to joy

When reflecting on life we often focus on the significant moments like births, deaths, weddings, promotions or moves, while often overlooking little moments of joy that brought us happiness. In January 2023, I began a Gratitude Jar and when I opened it on December 31st, I was pleasantly surprised by all the forgotten moments that filled me gratitude. Simple experiences like my son being invited to a friend's home or my daughter finding her tribe after a move, made my life beautiful. Reading these notes made me realize how blessed I am. You too can create your very own Gratitude Jar and revisit it at the end of the year.

Things you need:

A big jar (I used a glass transparent jar so I could see as it was filling up)

Paper to make chits

Your favourite pens (I love writing in different coloured inks)

Whenever something brings you joy, jot it down as a note of thanks. Specific moments are always more precious than general notes of gratitude.

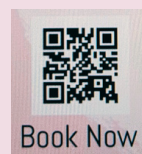
This simple practice will help you appreciate life's blessings and bring tears of joy when you revisit them in December.



Facebook



BEINGYOUWITHHRITU



Book Now

Reiki | Hypnotherapy | Inner Child Regression Therapy | Sound Bath
Personal Sessions By Appointment

