

# THANKS TO LIFE

Soul Talks-I

**RAKSHA BHATTI**  
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Soul Talks-II

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**“HEAL MASCULINE & FEMININE ENERGIES;  
BE INTUITIVE; BE MORE CREATIVE; & BE EXPRESSIVE”**

A JOURNAL TO MIRACULOUSLY INVOKE POSITIVITY & BLISS

*\*LIVE LIFE LIKE A CHILD*

# THANKS TO LIFE

*(It's a Guide towards Renovating Our Lives)*

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## Both Feminine and Masculine Energies Exist in Every Person, JUST LISTEN TO YOUR INTUITION/ INNER VOICE

It's our utter fortune to have a wonderful interview with **Raksha Bhatti**, who is sharing her Divine experiences and knowledge with all of us

**R**aksha Bhatti is a Psychic and Intuitive Healer, Certified Card Reader, Life Coach, Therapeutic Art Life Coach, Certified and Qualified in Mindfulness Teaching and Teacher Training, and Emotional Freedom Technique (EFT) Master Practitioner. She is a Creator and Modern Mystic who has been Practicing Healing for years, integrating modalities to shift beliefs and heal traumas. She is also an Entrepreneur, Founder of the brand 'Tarqeeb' where she creates one-of-a-kind holistic products.

Her mission is to simplify healing and empower you to create and express your true



self unapologetically. She serves the world with Transformational Coaching everyday by one-on-one sessions as well as through public seminars and workshops. Raksha's expertise is Healing Relationships, Feminine Energy, and Finding Your True Creative Expression. She can be contacted on Instagram @rakshabhatti.



We are amazed how effortlessly you guide and teach people about embodying their Divine Self. Please share your beautiful journey with us as to when and how you started tuning into your inner calling and light and eventually began trusting your intuitions.

Thank you for this wonderful question, I always love talking about this journey of how I came to understand that this is what I want to do in my life. It is actually very difficult to express how really this journey started. *I feel there are two parts to it, one is where I felt I had this since I was a child and the second is when I decided that I have and accepted it.*

So, to start with the first part of this journey, I was born as a second girl child to a very lower middle-class family, where they were expecting a boy child. I was born with pneumonia, and almost died when I was birthed into this world. I was called the problematic, always questioning, inquisitive, wise, funny, talkative, lucky, and a Girl who had her way of doing things. *I had always been the Human who had a very different creative approach to life and from a very early age, I was clairvoyant. As a child, I shared my visions and insights with my family members, but they themselves knew very less as to what to do about it; so, I was just asked to keep it low, which led me to*

***go into a shell.*** I eventually grew becoming a confused child with my personality, where I had the power and confidence to be fearless, but with many adversities in life, I shrank myself. ***It became very difficult to uncover myself from this shell while experiencing poverty, interpersonal traumas, death, abuse, and many other obstacles in life. I found my solace in creativity, being friends with animals, nature, writing, and just being with myself.*** I also made many invisible friends and played with them, who I know were the Divine spirits.

***No parts of my journey were more or less important than others; every single moment has threaded into this beautiful weaving of who I am as a person today.*** The second part of my story started actively when I chose Journalism as my major career and after completing my education, I took many jobs and roll in different media firms. I realized I was great at doing this; however, I didn't enjoy it. It was all so scripted that I wanted to show the world the simplicity and truth of life. ***During many of these projects, I could see clearly intuitively how things would go wrong, and as I started to listen more, it became very clear what I had.*** I went on to give myself time to read, learn and write more about my intuitions. I was having a difficult time personally facing the death of my both grandmothers, who were like my spiritual mentors. ***It took a lot of courage to sit with myself to heal the traumas and look beneath the pains that I endured in life.*** I had to leave my job for a personal family thing and travel to Punjab, my native village. Here another level opened up, where I tapped more into the energy, wisdom, and presence of my ancestors.

***After 2016, I consciously devoted every part of my life to healing myself and looking more and more deeply within.*** I have never

looked back thinking about what could have been different as I feel every moment led to me here, I am now. ***I believed and had faith that my purpose to serve and be there to empower the world was a bigger mission than the pains I was enduring every day in my life.***

So, as to answer, ***there has not been one epiphany moment where I started to trust my intuitions and connect to the light within, it itself has been a deep penetrative journey unleashing, learning, and unlearning life with all love, glory, and grace.*** Every moment has propelled me in its own beautiful way to take me where I am today – Blessed and a Vessel of Divine Spirit God to Serve.



***Definitely, Masculine energy is Divine in Nature just like Feminine energy. If you understand the simplicity of these energies, they are very beautiful and help you live life in a more aligned and balanced way. When I want to create and write, I tap into more Feminine Energy and when I want to finally structure it and create plans of action, then I channel the Masculine Energy more to get better clarity on it.***

You are popular as a “Psychic & Intuitive Healer, Certified Card Reader, Creator and Modern Mystic Practicing Healing with Transformational Coach”. Why don't you explain to our Readers about these different healing modalities, i.e., purpose, suitability, and usefulness? How will you convince them that healing, especially Energy Healing, is a must for everyone, especially during this tough time of the pandemic?

I believe the Energy work is here as active and live as there is Air around you, but you can't see it; you can definitely feel it and you live through it and it lives through you. Just like that the power and magic these healing modalities hold are mind-blowing. **Healing**

**and doing the work is really a must for the world we live in, where everybody is so aware and not ready to settle for low.** In such space, often we may push ourselves to become very small or have a scarcity mindset that ‘it's not for everyone’. **Also, with the growing age and technology, one must have an Energy practice – just like we have to take bath or eat daily, Energy work is about cleansing, healing, and nourishing your life in all areas.** I work with Energy dynamics, where internal and external energies are included from Chakras, Emotional Pains, Physical Issues, Auras, Spiritual, Etheric, and many such different layers of energy. My work is very integrative with different types of modalities of Healing, as I feel that every human is special with different essence and that Healing must be more fun and relatable than feeling all pain and dullness.

Your emphasis on writing ‘Journal Prompts’ has been instrumental, especially in re-writing life stories about different parts, whether to improve situations in relationships, money, jobs, own belief system, traumas, etc. Please guide our Readers about the usefulness of Journaling and Journal prompts, and how one can use them in a daily busy schedule.

Oh yes, I feel Journaling and the power of Journal Prompts have been very instrumental in healing. **Writing or Journaling is a magical practice, when you write (using paper and pen), you use all your senses actively. We are very much there with the pen and paper, when we go into a stream of writing without any judgements, not worrying about the handwriting, grammar, words, spelling, language, and**

*just write with the purity of our heart. We tap into the subconscious level which opens many doors.* For example, a simple question: what can I do differently today to feel better? This particular question can have a simple answer to just wearing a different dress, using new perfume, smiling a little more, or finally deciding to leave an unsatisfying job. The depth of what your inner conscious can tap into is incomparable when you are journaling. I have many Journal Prompts, provided free on my website or Instagram that you can use – you can use them as the first thing or last thing of the day for the best results. However, I am an avid writer and use any time to journal. ***When you use this tool, you can see physically and know the current story but rewrite it literally as you choose to rewrite your words to rewrite your life based on how you desire to create your life.***

Many of us face dilemmas while listening or tuning into our 'Intuitive Guidance'. Can you please enlighten us about the exact power of Intuition, and how can we easily develop and/or strengthen it? Further, is there any special Art to be learned/mastered for receiving the right intuitive guidance?

Intuition is like your inner voice tutoring you for the aligned answers and knowing. Everybody is Intuitive and all can heighten or let it be like that. ***It's a muscle inside you that you can develop and grow into being mastered at it. Just like everybody can run, but only athletes take the training where they run for their living or run at such a speed, run with a different technique, and so forth, you too can awaken, align,***

***heighten, and master your intuitions into different ways.*** The easiest way to develop or strengthen it is to practice silence at least once a day and do silent meditation, or to do meditation without any music or guidance by just listening to the natural sounds and your inner voice. Release the need to hear what you want to hear, but be ready to listen to what your intuitions want to say to you.

***No, there isn't any special art to learn to receive the right intuitive guidance,*** also right and wrong are very subjective to different people, so leave them. ***To be Intuitive is very natural, but how accurate you are listening to and receiving the intuition highly depends on your dialogue and practice with it.*** I can say from my experience that using different creative techniques, using a stream of conscious, like writing, colours, music, dancing, movement, and stillness can really help you to explore the wideness and magic of your Intuitions.

“ ***Now imagine if every person in this world drew, painted, and created the same drawing, or shade and size of a tree, how boring it would be and how unrealistic it be. Right? Just like that, I wish people to understand that the main core of creative knowledge and expression is just to be and release the need to gain perfectionism from it.*** ”



We wish to know in detail about your innovative and creative venture 'Tarqeeb', which is known to make authentic and uniquely designed products such as wall hangings, candles, etc. Given this, we are also curious to know about your views on 'Being Creative' in life, and how creativity makes us feel blessed and healed (viz., healing of Sacral Chakra)?

*Tarqeeb, which means Ideas in Urdu, was birthed when I was going through a stage of life in 2014, after the death of a dear one, knowing that I had more to offer the world and wondering how I can add fun expression to one's persona with my creativity. Every product is created with an intention and has a deeper meaning when it comes into your life, and it is just as unique as your essence is.*

*My view on being creative is that we all are very creative, but the world has put up norms or masked that Art as Painting or Music and such very literal are only considered to be creative. However, I feel we create every day the words we speak, the clothes we choose to wear, the way we accessorize ourselves, our homes, our spaces, and the way we express ourselves in simple words with our friends. All of these are also creative expressions. When we choose an aligned way to know what type of creativity to do, we feel more called to express ourselves from that medium. Creativity helps us so much in healing ourselves. I facilitate a program where I use different types of Creative Art to heal, unleash, and express the emotions, trauma, and pain in our lives in a more fun*



*integrated way.* We as humans are a very beautiful expression of the Divine and when we fearlessly express it, we align not just one Sacral but all Chakras, which are about 147 (both major and micro Chakras).

It is also said that “Every Child is an Artist”, and every child must learn Art and unleash his/her creative side. Does the introduction of creative knowledge in childhood heal most of the ‘Inner Child’ issues that we face later as an adult? Also, is this the reason when we say ‘always keep a child alive in you’?

*Creative knowledge is very bound and limited in today's world. Even when children are made to learn the art, they are expected to do it the way a teacher wants.* Now imagine if every person in this world drew, painted, and created the same drawing, or shade and size of a tree, how boring it would be and how unrealistic it would be. Right? Just like that, I wish people to understand that the main core of creative knowledge and expression is just to be and release the need to gain perfectionism from it. Yes, the knowledge is needed to know the basics of it; however, to apply that, one child must learn drawing, colouring, and music as a creative expression. *So, let the children or people choose their true essence of what they want to express, even if it means writing or silently wanting to read or dancing without any choreography.*

*‘Inner Child’ issues can be well healed and expressed if people know how and what is their safe space of expression.*

Now, look at the variety of the creativity in the world today, people are creating massive to minimal expression with wool, glass, dance, clay, pottery, resin, colours, charcoal, music, digitally, over videos, silent or motion pictures, and just the list to this is endless. But when these arts are taken as strict competition, compared, and made to look like perfection, the essence of their purity is lost. *The safety of this expression is taken away, and irrespective if the child was creative or not, the safe space created is now completely contaminated with others' dialogue, approval, expectation, and pleasing.*

I believe the phrase ‘to always keep the child alive in you’ is more to be as to be the essence of purity, the listening, the learner, the detached from the ego, the playful, the child with glistening eyes full of questions and amazed with the newness of the world. *For that's how the children are to me, where if they fall, they still want to walk, if you scold them, they will not hold the grudge or be avenging but come back to you with the same purity.* I feel it's about the purity of this Inner Child that we must keep alive, irrespective of all.

The three most pronounced powers of Feminine energies are: Intuitive, Creative, and Expressive. First, why is it so? Second, how can one differentiate between Divine and Wounded Feminine Energies? Third, do both men and women need to make equal efforts to heal their feminine energies, as this helps to put one in easy receiving mode?

*Feminine Energy holds the very potent energy of Flow and Surrender.* When you look at the pronouns used, Intuitive, Creative, and Expressive, they hold high energy of the same. When one is in the flow and not in deep analytical thinking or rationalizing, there comes this State of Just Being. Here is where Intuitiveness, Creativity, and Expression hold the energy, where there is no holding but surrendering to the process and trusting the flow, which is pure Feminine energy.

*I don't agree and accept the wounded energies part as I feel it's the dialogue of culture where people will put more energy on the wounded part. I like to address the duality of Feminine energy as simple as that – if you are too rigid, controlling, and structured and it's not working your way, then this is Masculine energy.* It is not that they have wounded Feminine, it is just they have more dominant Masculine energy, which is not letting their Feminine energy emerge easily. So, switch it up so that you can tap into the opposite dynamic of this energy, which is to be in flow, releasing, and trusting – being Feminine energy.

*People are often confused that the energy dynamic depends on what gender you are, which is not at all true. Both Feminine and Masculine energy exist in every person, irrespective of whether one is male or female.* So, it is indispensable that if people want to be receptive to these energies and allow more easy receiving, then they have to work on their Feminine energy.



*“ Intuition is like your inner voice tutoring you for the aligned answers and knowing. Everybody is Intuitive and all can heighten it or let it be like that. The easiest way to develop or strengthen it is to practice silence at least once a day and do silent meditation, or to do meditation without any music or guidance by just listening to the natural sounds and your inner voice. Release the need to hear what you want to hear, but be ready to listen to what your intuitions want to say to you. ”*

On the contrary, what is the role of Masculine Energy in our lives – both for men and women? Is it too Wounded and Divine?

The role of Masculine Energy in our lives is equally important as that of Feminine Energy, as these are pure elements of our true nature, we cannot separate or keep one on a pedestal and the other low. ***The power of Masculine Energy to have structure, sturdiness, in doing or producing, logic, linear thinking, and many such, is powerful. Masculine energy is important in our lives irrespective of whether we are a man or a woman.*** For example, when a woman cooks food, she is producing, doing, and creating a dish while integrating both the dynamic energies and the way she presents the food in a more structured menu with the right flavours with each other is logical Masculine energy with the Feminine energy of nourishment. I cannot emphasize enough how both are really required in our lives for the daily task we do.

***Again, as I said earlier, I don't agree with the wounded part as we need the structure and safety of Masculine energy.*** Nowadays, people are running behind what one is being said only to know that something new is being replaced and that is just how Masculine and the whole wounded part is being addressed. ***Definitely, Masculine energy is Divine in Nature just like Feminine energy.*** If you understand the simplicity of these energies, they are very beautiful and help you live life in a more aligned and balanced way.

Do we need a Union of both Masculine and Feminine Energies? Or will it be just fine if females have a little more proportion of

Feminine Energy at all times, and males have a little more Masculine Energy?

***Yes, we do need a union of both Masculine and Feminine Energy, as these are the simple dynamic energies that make our life easier.*** It's up to one's choice to have more or less proportion as per the gender. But allow me to ask you one question: when you know one thing that is provided in abundance to you and will make your life easier, then why would you want to deprive yourself of that energy?

***You can definitely use these energies more or less in life for the days.*** When I want to create and write, I tap into more Feminine Energy and when I want to finally structure it and create plans of action, then I channel the Masculine Energy more to get better clarity on it.



What are your plans, and how did you intend to achieve your mission “of letting the world experience the magnificent integration in the power of inner truth and expressing it unapologetically in totality with life with conscious actions, and of bringing in more love and light”?

*I plan to be more of service, to create more programs, workshops, and spaces, where people can come, feel a safe space*

*and express themselves authentically.*

I wish to spread this unwavering energy so that people believe they can deserve all that they desire and that they do have that indestructible potential to live that desire. I have already many such programs, workshops, and even freebies, which guide people to start their journey, where they can look beneath their pains and see the totality of power they hold in their true energy.

