



▪ Spiritual Stylist
&
Catalyst for Change ▪
Rachna Mehra

In today's era, when people are tired of their hectic life, jam packed schedules, vanishing minimalism and stress playing havoc, here am I Rachna Mehra, a "Spiritual Stylist & Catalyst for Change" attempting to not only withstand all the chaos but also have taken a step to help & heal others emotionally, physically and spiritually.

100 Women Achievers of India 2016, honoured by Hon. President of India & Ministry of Women and Child Development & Face- Book in the Category of Healthcare & Wellness for Transforming Many Lives to shift, resolve their Un-wanted Beliefs for better health and growth through 3E program to embark upon as education, experience & enlightenment. Honoured with a Certificate of Science, Master Instructor from Theta Healing Institute of Knowledge, USA changed the voyage of life. A graduate in Business communication from H.L. College of Commerce, Ahmedabad, also an active contributor for 'Inner Voice' column in Hindustan Times. Awarded by Ishma Mumbai for Par Excellence transforming lives of women to have the courage to be what she

wants to be. One of the greatest Achievements and initiative is being part of the Shoot campaign by Google on Women's Day- One Day I.L.L. I am also part of FLO women wing of FICCI (Federation of Indian Chamber of Commerce and Industry) and chairperson spirituality Delhi NCR, focusing on Empowerment of women.

Empowerment is sense of belief and when you truly believe in yourself that is when you are empowered. Through my practice of Theta healing, I edify the philosophy of unconditional love and to acclimate oneself to forget and forgive the envy and live healthy life. The objective of my sessions, workshop is to help people self-transform, heal them and re-program their beliefs and eventually grow to live meaningful joyful life. Practicing since 2006, my compassion for those in need has given me the ability to be titled as a passionate healer, intuitive. My workshops and healing sessions have touch the lives of over 1000 clients in resolving the 3 R's (resentment, regrets, rejection).

— About Theta Healing —

Theta Healing is an intuitive and simple reconnection with the unconditional love present in each one of us. Theta Healing Technique combines the awareness of metaphysics and quantum physics through the use of an Road Map, A Simple Modern meditation to lower the brainwaves to theta in seconds. Participants can witness healing, change beliefs quickly on four complete levels of the brain, amazing techniques that will make you amazed at how fast you can connect with your own intuitive abilities at a deeper level through Divine Intelligence.

It is easy and available to everyone; the negatives like envy jealousy and self-defeating depressions are unknotted from the psyche and you learn to stand whole again. Naturally this means your stress levels dive and you are able to get into better decision making as well as better relationships with the world and yourself. Theta Healing is a supplement of medical aid but not its substitute.