



Experiencing A Fulfilled Life Through Awareness

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Monika Sakhuja focuses on leading an enriching life, blending her professional role as Director in IT Organisation with a deep passion for art, writing, and holistic practices. Her journey into spiritual and holistic practices, including “Inner Engineering” by Sadhguru, Certification in Manifestation and Abundance, Theta healing, Reiki, Quantum Healing, highlights her commitment to personal growth and healing. She has applied her knowledge by conducting many Corporate workshops, promoting holistic living and mind-body healing.

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