

Soul cleansing tips

RAMON LAMBA, who terms herself as a life coach, guides GOTER GANGAK on how to focus on goals and attain prosperity

She has lessons for people from all age groups. She makes one realise that every human being has potential to attain the set goals. We might face hurdles in the form of problems but nothing should keep us away from our aims. "In the modern world we all are a part of a race, that has made us mad. Standards of fulfillment and success unbeatable. In such times, insecurity is a big problem and can pull down your confidence to a very low level. One should understand their thoughts and map their actions in a better direction.

In the process of achieving their goals, individuals should realise their potential and live their life with joy and success," said Ramon Lamba, life and business coach, who held a discussion at Chu Bar brought-out by Typhoon high tea.

She shared real life instances to highlight the impact of unconscious actions in an individual's life. "Life is unpredictable, we don't have any control over what life gives us, but we can control ourselves by consciously working towards our action, thought process and behaviour," added

Lamba. She said that in the chain of thought, thought becomes action, action reflects in behaviour. The universe is a bundle of energy. A positive thought will resonate with positive energy emitted from the universe, which has a huge impact in decision-making.

As we know, mind is the biggest wanderlust. For a conscious analysis of any situation, it becomes important to tame it. Lamba takes a holistic approach towards healing as she believes that the four pillars for true harmony in anyone's life are — physical, mental, spiritual and emotional. She uses meditation, energy healing, past life regression, subconscious methods and personal designed methods to clear the emotional clutter.

"Through life coaching we can realise our inner power, wisdom and strengths, which will help us to achieve joy, happiness, prosperity and health we deserve," she said.



Loving yourself is the best medicine for your soul, she believes. "How can you love others when you don't love yourself? Loving yourself brings you closer to your soul," she stated.

She went ahead to tell the difference between life coach and a counsellor. "A counsellor listens to your story. She/he

may or may not take responsibility of

solving your problem. But a life coach takes complete responsibility of mind, body and soul."

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