

BLOG



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Access Consciousness &
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Anger (11)

Anxiety & Panic Attack
Solutions (38)

Aura Reading, Cleansing &
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TOXIC PEOPLE: 5 WAYS TO CUT OFF AND DEAL WITH THEM

📅 November 26, 2021 by Soniyaa Kiran Punjabi ❤️ 4 likes 💬 0 Comments

Do you often feel manipulated, confused, guilty, and unheard of in a relationship be it with your friends, family members, your partner, or at work? Chances are you are surrounded by toxic people, who exhibit toxic behavior....

Solutions

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Wellness



LIVE LIFE ON YOUR OWN TERMS: PRACTICAL WAYS TO STOP COMPARING YOURSELF TO OTHERS

📅 November 12, 2021 by Soniyaa Kiran Punjabi ❤️ 2 likes 💬 0 Comments

How often do you find yourself comparing your life to others? Is there a little voice in your head that goes like, ‘they’re living such a perfect life and look at me’....

Chakra Healing & Balancing

(5)

Child & Teen (5)

Crystal Healing (8)

Depression (34)

Emotional Intelligence (30)

Energy Healing & Cleansing

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Therapy (2)

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Law of Attraction (2)

Life Coaching (13)

Meditation (63)

Mind Sciences (50)



THE SUBTLE ART OF MINIMALISM: BE MORE WITH LESS

 October 22, 2021  by Soniyaa Kiran Punjabi  4 likes  0 Comments

Do you enjoy collecting things and then never using them? Are you constantly under the mindset of doing too much and then regretting not doing enough?...



HOW TO LIVE IN THE PRESENT: A LIFE HACK

 October 6, 2021  by Soniyaa Kiran Punjabi  2 likes  0 Comments

[Mindfulness \(25\)](#)[NLP – Neuro Linguistics
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Behavioral Therapy & Counseling
\(1\)](#)[Quit Smoking \(4\)](#)[Reiki Healing \(10\)](#)[Relationship Counseling \(34\)](#)[Retail \(2\)](#)[Solutions \(49\)](#)[Sound Healing & Vibrational
Therapy \(3\)](#)[Spiritual Healing \(5\)](#)[Stress Management \(47\)](#)[Theta Healing \(2\)](#)[Transcendental Quantum
Reiki \(1\)](#)[Uncategorized \(20\)](#)[Wellness \(116\)](#)

Life, as we know, is all about choices and one of the best choices that you can make is the choice to live in the Present. But, what does ‘Living in the Now’ really mean?...

Yoga (32)

Healing

Meditation

Wellness

Yoga

5-DAILY-REMINDERS-TO-KICKSTART-A-BRILLIANT-DAY-1

5 DAILY REMINDERS TO KICKSTART A BRILLIANT DAY!

 September 21, 2021  by Team Illuminations  0 likes  0 Comments

Read these reminders once through the day to receive instant calm, indulge in positive thinking, and feel the power of love within and around you....

Wellness

HOW-TO-OVERCOME-NEGATIVE-THOUGHTS

10 TIPS ON HOW TO OVERCOME NEGATIVE THOUGHTS AND THINK THE RIGHT WAY

 August 27, 2021  by Soniyaa Kiran Punjabi  3 likes  0 Comments

When you introspect a situation or a person, what's the first thought that comes to your mind? Is it judge mental, envious, negative or understanding, empathetic, and positive. Our daily thought patterns shape our mindset, which in turn shapes our reality. ...

Anxiety & Panic Attack Solutions

Depression

Healing

Meditation


Solutions

Stress Management

Wellness



5 WAYS TO BRING MINDFULNESS INTO YOUR DAILY LIVES



 August 20, 2021  by Soniyaa Kiran Punjabi  3 likes  0 Comments

Feeling Mindful or Mind-full? In an era of constant change and rapid development, mindfulness is like the antidote to life's everyday struggles. Let's see in what ways we can unlock a mindful life....

Anxiety & Panic Attack Solutions Depression
Healing Meditation Solutions
Stress Management Wellness



HOW A SELF-CARE RITUAL CAN HAVE POSITIVE EFFECTS ON YOUR MENTAL HEALTH


 August 13, 2021  by Soniyaa Kiran Punjabi  42 likes  0 Comments

Are there times when you miss your freedom so much that you just want to run away from all kinds of responsibilities? Here's how a self-care ritual can help you enjoy life amidst the chaos....

Emotional Intelligence Mindfulness Solutions



THE POWER OF SELF-LOVE & WHAT IT MEANS TO LOVE YOURSELF?

 August 6, 2021  by Soniyaa Kiran Punjabi  42 likes  0 Comments

Imagine spending your life with somebody and not really knowing them at all. That's what it is when you don't take time for self-love. You spend your entire life having feelings of shame, unworthiness, paralyzed perfectionism, and just not feeling enough. Here's some ways to invite self-love into your life....

[Emotional Intelligence](#)

[Mindfulness](#)

[Solutions](#)

 young woman drinking coffee home

IMPORTANCE OF SLOW-LIVING IN THE AGE OF HUSTLE CULTURE

 July 23, 2021  by Soniyaa Kiran Punjabi  42 likes  0 Comments


Have you heard the millennial term 'Hustle Harder'. The term doesn't necessarily mean to over exhaust yourself just to achieve your goals but it's likely that's what ends up happening. But there's a way to change that. Let's find out...

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November 26, 2021

 believe-in-your-self

Live life on your own terms: Practical Ways to Stop Comparing Yourself to others

How often do you find yourself comparing your life

November 12, 2021

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