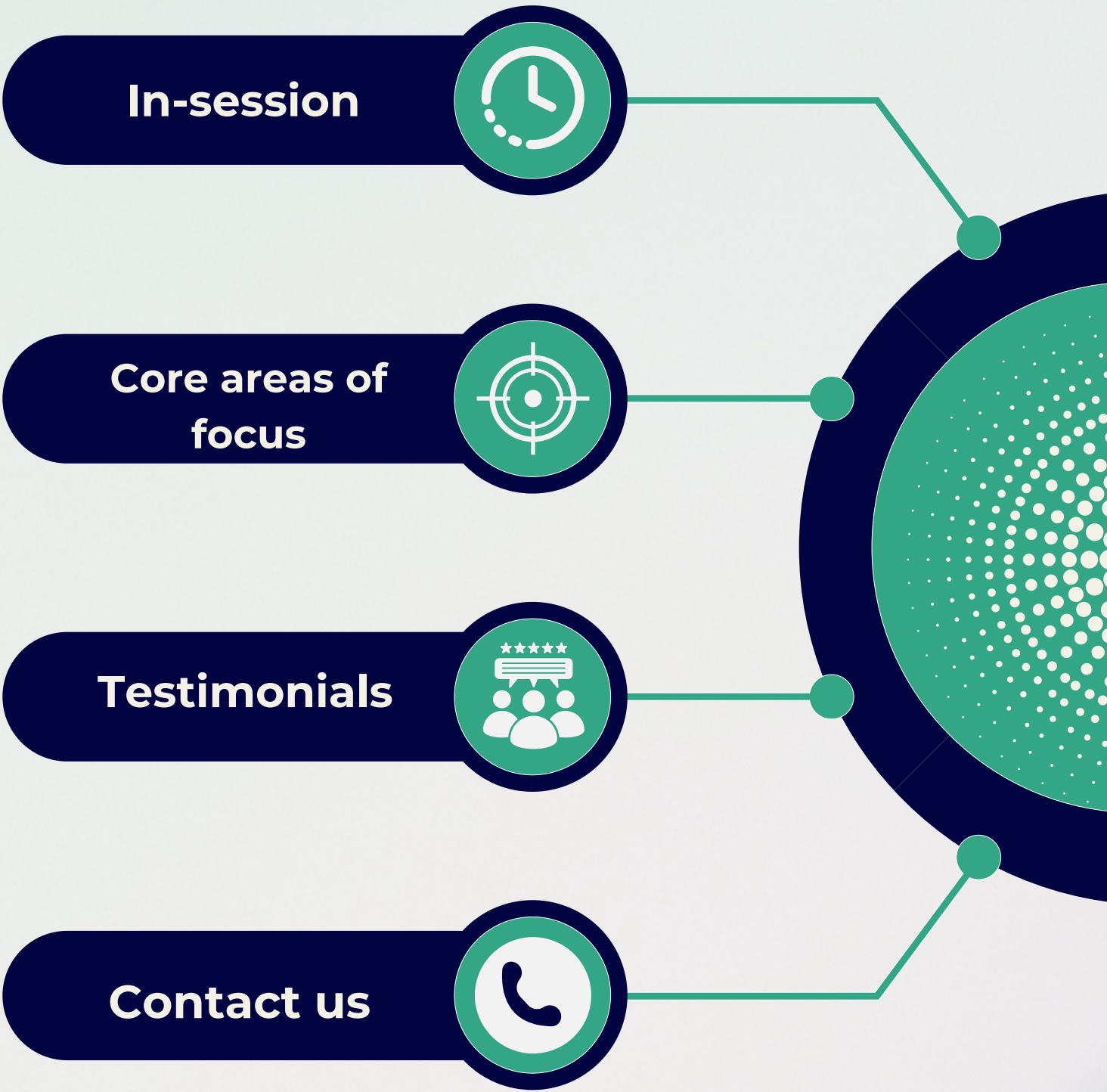
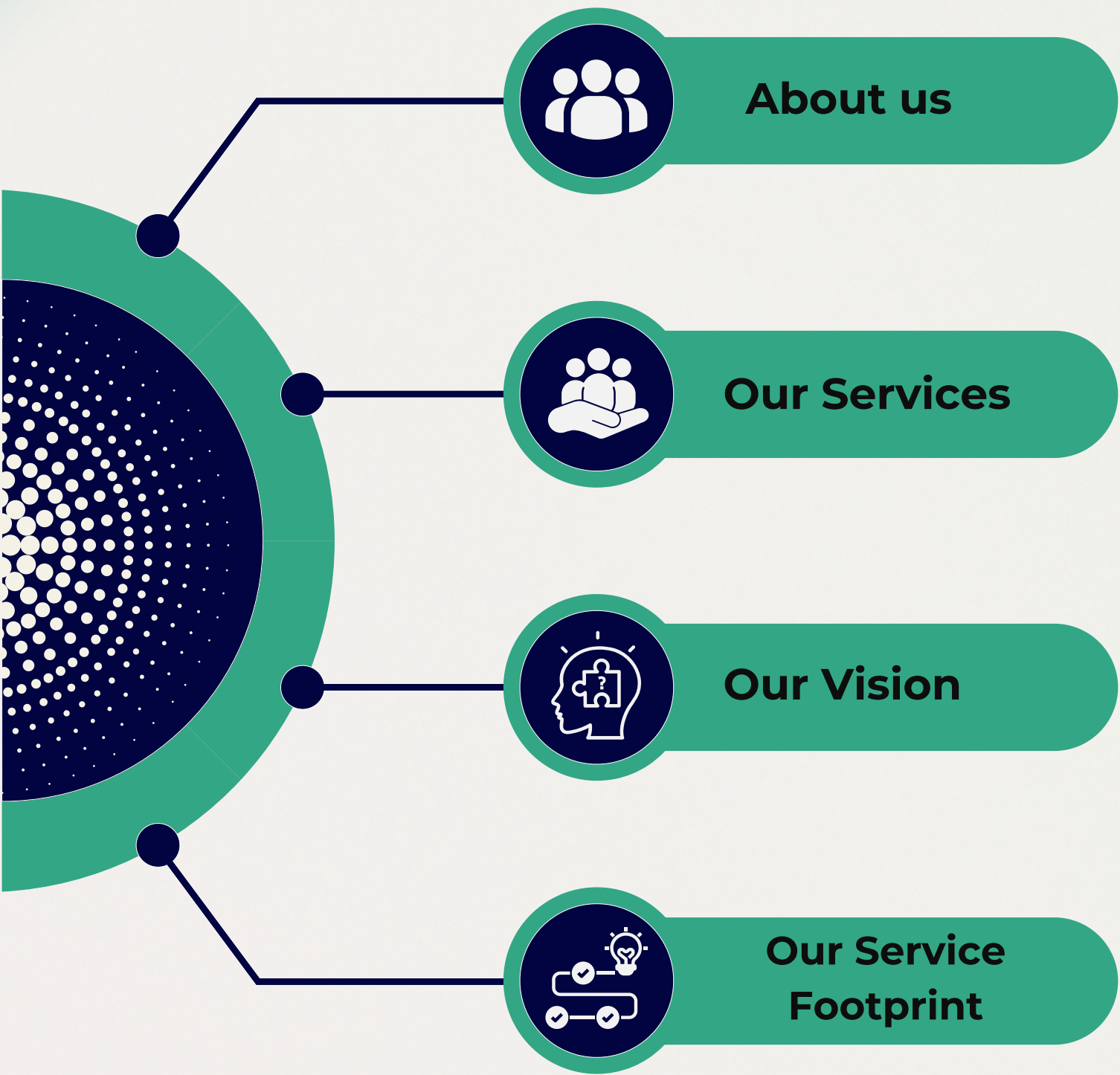




THE HEALING EARTH
HEALING MINDS, GUIDING DREAMS

SOUND MEDITATION | COUNSELLING | ART THERAPY |
LIFE COACHING | ENERGY HEALING | CAREER
COUNSELLING AND DMIT TESTS

AGENDA



ABOUT US



Founder: Ms. S Shanthi Kamak

Support and empower



Credentials

Postgraduate in Counseling & Family Therapy |
Certified Art & Sound Therapist | Certified Career
Counsellor | M.Sc. in Biomedical Genetics | B.Ed. |
DCS (Diploma in Counselling Skills)



Experience

Rich background in reputed institutions across
India as an educator, counsellor, soft skills trainer
and finishing school instructor

At The Healing Earth, we offer a soul-centered space for holistic healing and personal transformation. Founded by Mrs. Shanthi, a certified therapist and counsellor with over a decade of experience, our mission is to support individuals in their journey toward emotional well-being, self-discovery, and inner peace through proven therapeutic and alternative healing practices.



OUR SERVICES

1. Sound Meditation

Relax your mind and body with therapeutic sound sessions, including sound baths, massage, biofield tuning, group meditations, and space cleansing for healing and balance.

2. Energy Healing

Experience deep restoration and balance through energy healing that clears blockages, aligns your energy, and supports emotional, mental, and physical well-being.

3. Counselling

Compassionate and confidential counselling to support emotional clarity, personal growth, and mental well-being through guided self-exploration and healing conversations.

4. Corporate Wellness

Corporate wellness supports employee well-being and empowers leadership with tailored programs for mental clarity, resilience, and a healthier work culture. FAQs provided for your convenience.

5. Career Counselling (DMIT)

DMIT-based career counselling provides personalized guidance by identifying your innate strengths, talents, and learning style for informed career choices.

6. Art & Art Therapy

Art & Art Therapy uses creative expression to promote emotional healing, self-awareness, and mental well-being through guided artistic activities.



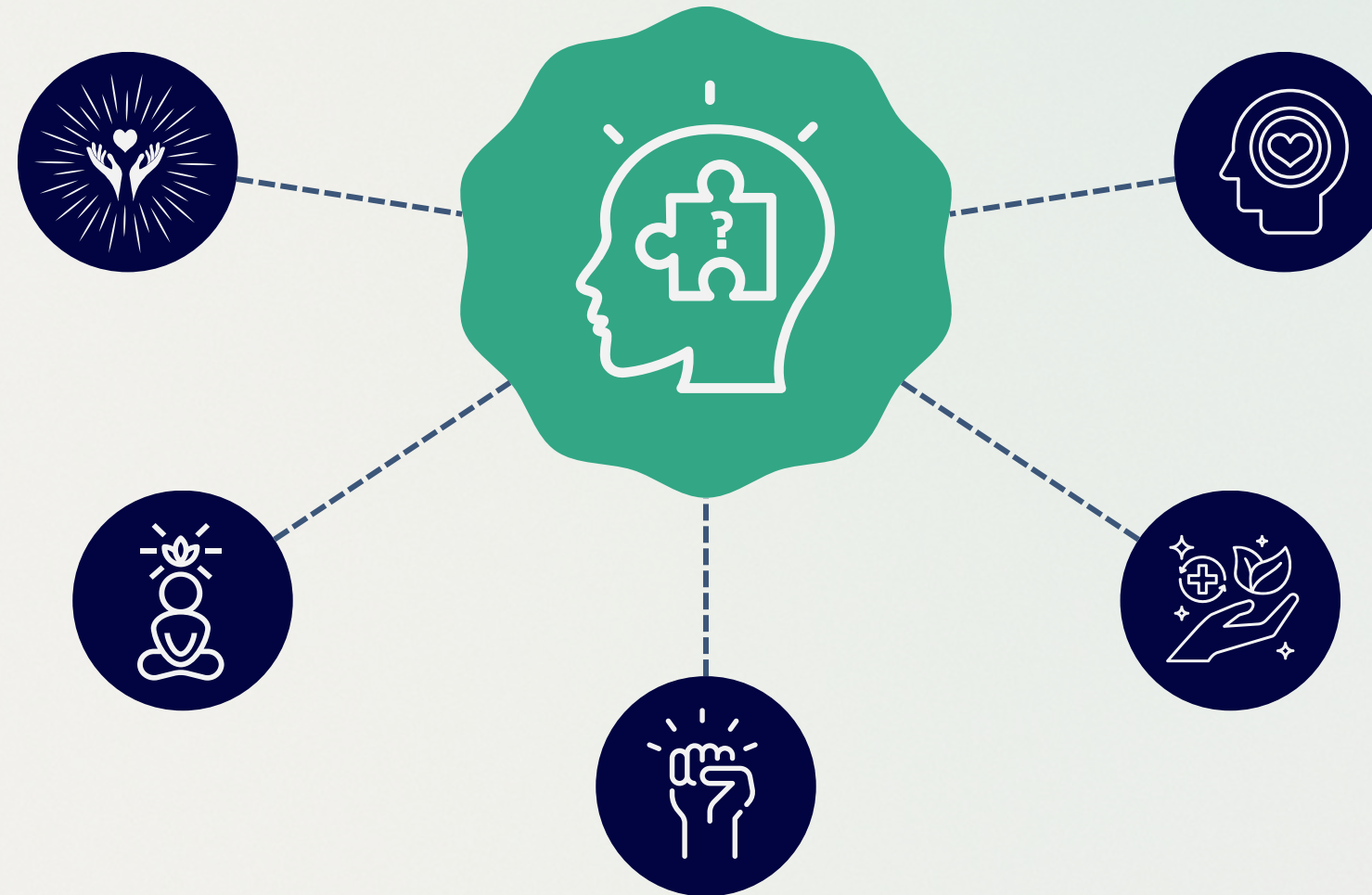
OUR VISION

Create a space for healing without judgment

Everyone carries emotional baggage. We aim to offer a space where people can release, reflect, and heal—without fear, shame, or judgment.

Blend science with soul

We combine therapeutic tools like counselling and DMIT with meditative practices like sound and energy healing to support total well-being.



Nurture emotional resilience through expression

Whether through talk, art, or sound, we help you express what words alone cannot—so healing becomes natural, not forced.

Make healing accessible for all

From in-person sessions in Bengaluru to online consultations, we serve anyone seeking wellness—children, adults, parents, and professionals.

Empower self-awareness, not dependence

Our goal is not to "fix" you—but to guide you toward understanding your inner patterns and awakening your own healing power.



OUR SERVICE FOOTPRINT

ReVibe: The Premium Yoga & De-Stress Studio, Bangalore

A child-friendly, peaceful environment ideal for individual and family wellness sessions.



DS Max Sprinkles Bangalore

A holistic healing hub combining ancient wisdom and modern wellness practices.



Online Sessions & Corporate Programs

Accessible from anywhere—personalized sessions and wellness programs for individuals and organizations.



Neralu Farms, Bangalore

A serene yoga space offering grounding energy for meditative and therapeutic work.



TOD, Begur

A vibrant and joyful space for interactive, family-oriented healing sessions.



IN-SESSION

1. What Sound Meditation Really Does to Your Body & Mind

Discover how vibration heals emotional stress, boosts mental clarity, and improves sleep.



2. DMIT Decoded – What Your Fingerprints Reveal

Uncover your inborn talents, intelligence type, and emotional patterns through biometric science.



3. Why Art Therapy Works Even If You're Not “Creative”

Learn how art can help you release pain and express what words cannot.



4. How Counselling Breaks Generational Emotional Patterns

Understand the root causes behind recurring emotional blocks and how to resolve them.

5. Open Q&A – Bring Your Questions, Doubts, or Curiosities

We'll answer anything you've ever wanted to ask about healing, therapy, or energy work—no judgment.



CORE AREAS OF FOCUS

1. Mental Wellness (Anxiety, Depression, Emotional Blocks)

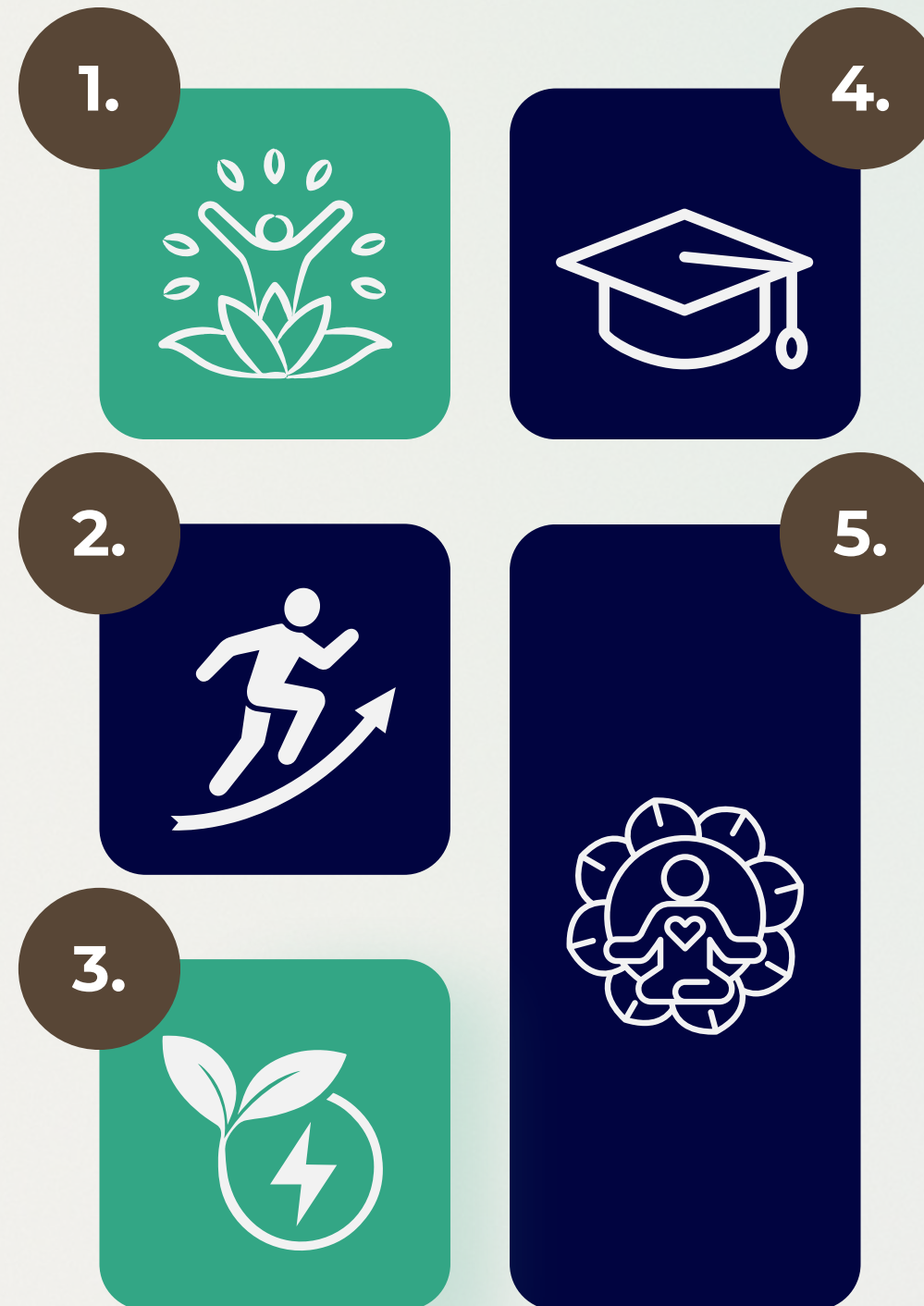
When individuals feel emotionally balanced and understood, they function with greater clarity and confidence. Supporting mental wellness builds stronger, more resilient teams.

2. Personal & Spiritual Growth

When people grow from within, they bring purpose to everything they do. Nurturing the soul leads to more inspired and aligned contributions in life and work.

3. Chakra & Energy Balancing

When energy flows freely, people feel more alive, focused, and in tune with themselves. Balanced energy promotes overall wellness and emotional stability.



4. Academic & Career Guidance (DMIT + Counselling)

When students and professionals understand their strengths, they make empowered choices. Personalized guidance leads to greater clarity and long-term success.

5. Creative Healing through Arts and Sounds

When individuals express themselves creatively, healing happens naturally. Art and sound offer powerful paths to release, renewal, and joy.



TESTIMONIALS



The session has stabilized my mind and i am able to take decisions more calmly rather than being stressed to decide in a hurry and later regret it.. I also had difficulty in falling asleep as also the anxious thoughts used to make me lie awake...the session has made me have control over my anxiety and i was able to have a good night's sleep Thank you for the wonderful and relaxing session..

Suresh K
Sports trainer/ therapist

I attended one session of sound meditation and it was a completely different experience. For me who has such a hectic and stressful schedule, it was good to spend an hour and focus on just me. I def recommend it for those who need to just take a minute.. it was amazing at one point to feel my body vibrate along with the sound.. after the session I felt my mind was calm and slept well without waking up a few times. The next day I felt energized and a few of my sense were heightened. Thank you shanti for the experience.

Mrs Neha Kapoor
Sr Content Producer
Amazon

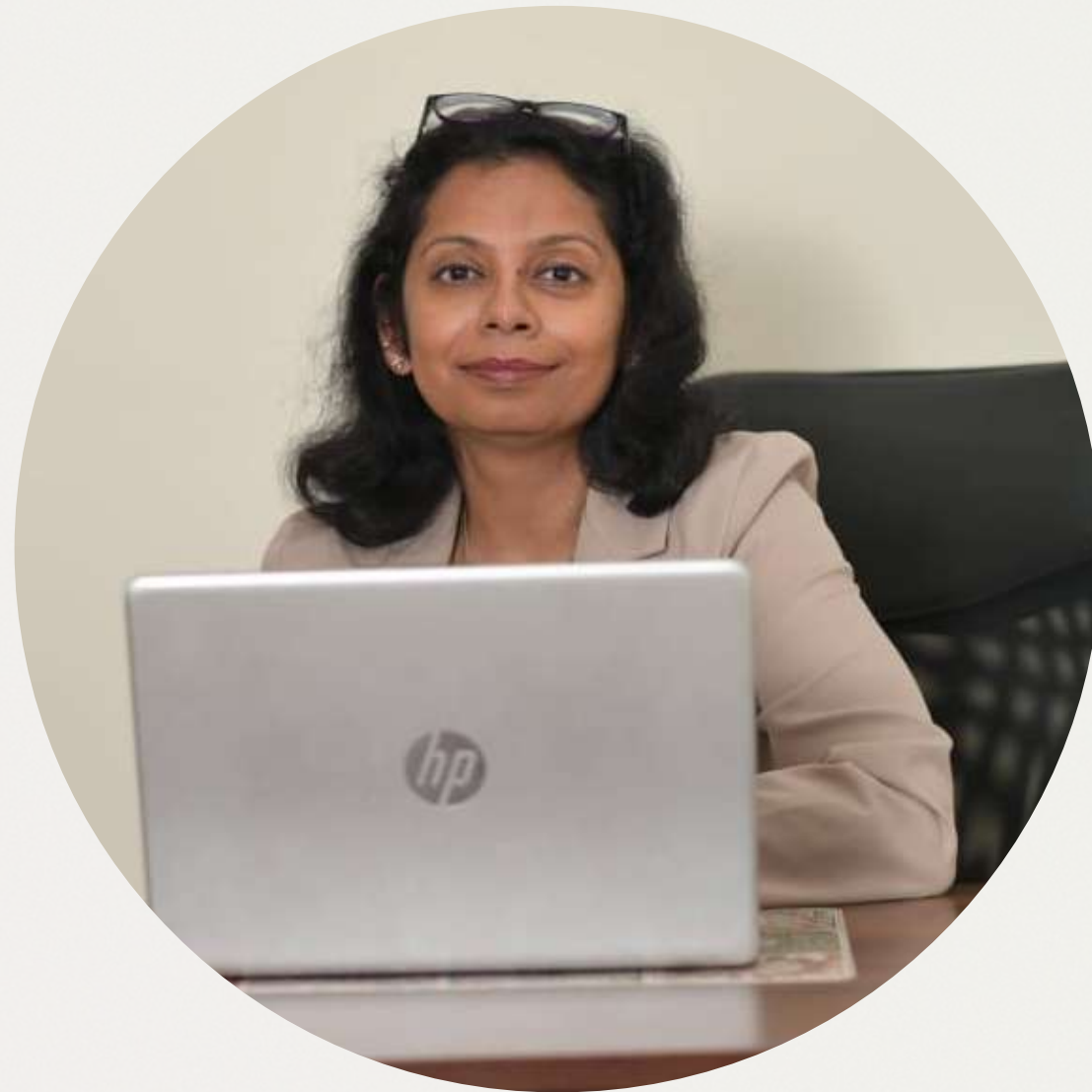


I am very thankful to Ms.Shanthi for introducing me and my team to sound meditation. It was a 60 minutes session and as soon as the session started my body and brain was completely relaxed within 10 min. I didn't realise where i was and slept like a baby _ no worries, no stress. It was so relaxing. She did a great job. I strongly recommend everyone to experience sound meditation to release all your physical and mental stress.

Dr Ashaf



CONTACT US



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