

Unveiling the secrets to living a life that's imbued with purpose, connection and the power of truth with Ms. Roy

Shaping a Life of Purpose-Connection-Truth with a renowned healer & a Life Transformation coach.



Ms. Soma Roy

It was an evening characterized by a gentle breeze, a welcome respite after two weeks of battling seasonal flu. I ventured back to the office, intending to meet with Mr. Santosh Shukla. However, fate had a different plan in store. To my surprise, I was not only greeted by Mr. Shukla but also by a lady whose aura exuded a distinctive presence. Clad in a subtle yet elegant ensemble, complete with a pair of glasses, her first words carried the essence of a calm and composed personality. This was my introduction to Soma Roy: a Healer, Personal and Leadership Transformation Coach, and Business Strategic Consultant. A significant portion of her life had been dedicated to Kolkata, yet she and her husband are in the midst of a journey to find another city they could wholeheartedly call "home," having explored Bangalore, Mumbai, and Indore in their quest.

As we engaged in conversation, it became evident that our meeting was serendipitous. Life often presents us with challenging circumstances, and occasionally, a glimmer of hope emerges, altering our perspectives on even the minutest aspects of existence, thus redirecting the course of our lives. That evening, the frequency among Mr. Shukla, Ms. Roy, and I, was tangible. Prompted by this alignment, Mr. Shukla proposed the idea of sharing Ms. Roy's invaluable insights with a wider audience. It is with this intention that I offer you excerpts from our enlightening discussion. May you find enjoyment in pursuing these reflections and may they guide you towards a path of positive transformation.

The theme we explored was profound

"You are the creator of your own life, capable of either crafting its success or permitting its downfall." Ms. Roy's perspectives shed light on this notion, emphasizing the significance of envisioning and shaping our lives.

She began by dissecting the components of a thought- much like the ingredients of a cup of coffee

thought, visualization, audibility, and feeling. By harmonizing these elements, thoughts gain the potential to manifest into reality. The importance of vigilance over one's thoughts became evident. If you believe and feel, for instance, that you are a billionaire, cling to that sentiment. While external circumstances may challenge this belief, sustained focus and belief will enable manifestation. The alignment of thought, visualization, and feeling is crucial for success, for they define the path towards desired outcomes.

However, obstacles do arise. Old patterns can resurface, causing disruptions. Here, Ms. Roy offered a simple yet insightful approach

'observation without reaction'. The ability to confront patterns without negativity, maintaining equanimity, empowers one to transcend these limitations. In the face of uncertainty and fear, such equanimity becomes paramount. Fear, often born of the unknown, seeks to control and manipulate. The acknowledgment of this truth lays the foundation for liberation from its grip.

Ms. Roy's counsel extended to the essence of taking charge of one's life - a process rooted in self-awareness. She advocated for attunement to one's inner energy, allowing it to guide decisions. A litmus test emerged

- truth leads to a feeling of lightness, while falsehoods weigh us down. She encouraged us to heed our inner compass, to discern moments of connection and authenticity. These moments, characterized by a feeling of lightness, act as beacons towards the right path.
- She stressed that truth brings freedom, bringing clear understanding and relieving us from heavy emotions. On the other hand, false experiences make us feel restricted and suffocated. This highlights the significance of staying true to ourselves and forming relationships that uplift and support us.
- In our journey through life, it is imperative to remember that each one of us is the author of our story. We possess the tools to manifest our aspirations, provided we cultivate an unwavering belief in ourselves. Ms Roy's wisdom serves as a guiding light, illuminating the path towards personal and leadership transformation. As you traverse this narrative, may her insights inspire you to reshape your thoughts, cultivate authenticity, and manifest the life you envision—a life imbued with purpose, connection, and the power of truth.

In closing, give one more second in underlining a sentence that was the end of our conversation

"Truth will make you feel light. What makes you feel heavy? Something which is not true. Something which is not aligned with you!" So, let us embark on this journey of self-discovery, armed with the truth and honesty as the creators of our destinies, capable of crafting lives filled with purpose, authenticity, and boundless potential.