

CREATE YOUR UNIVERSE SERIES

Be the Director, Producer and Scriptwriter of your life

HEALTH

Client Testimonials



Health Workshop Feedback

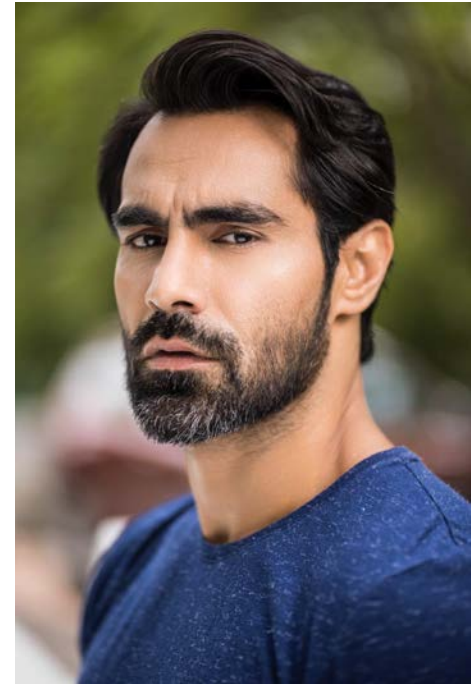


Thank you Runu & Vandana for giving me the opportunity to be part of this **beautiful workshop** where I could connect with myself again.

Giving knowledge about mind, body & spirit. Healing has started. Especially **Chakra healing was something**.

I will practice and make part of my part. Guided meditation was amazing. **I feel light & right**. There is someone from whom I can seek guiding, the feel of it is **mind blowing**.

Lots of your thoughts energy and people I have connected with. **I feel blessed**. Thank you. Lots of love



Inder Bajwa

Actor, Model & Social worker



Health Workshop Feedback



Since nothing is a coincidence, I feel more than lucky & fortunate to have met both of you. So a big thank you for all your guidance + support & a **medium to connect to my Core & Life Purpose.**

I am not surprised with what all I learnt during this course. A message that I have been ignoring from the universe for the longest time. And **today everything made sense for me.** One of the biggest & the most important lesson as I usually operate from the heart chakra that is '**self love**' which I lacked. So I realize the importance now. Because no matter what you want to do for the world, **You can never pour from an empty cup.**

I realized that how important it is for me to practice self love, to bring about a change in the world, to be a fountain that will never stop. **If I want to bring about changes, it has to start with me.** Thank you Runu & Vandana

Padma Saldon

Fashion designer & CEO SALDON 2112



Health Workshop Feedback



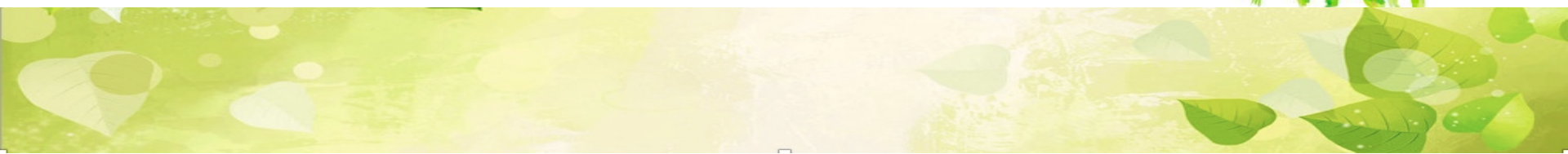
Knowing about the Chakras and their cleansing process was the key takeaway for me from this workshop on Health – from the "Create Your Universe" workshops series. Their **DIY exercise technique** combined with affirmations can do wonders, I'm sure.

Also their Deep healing meditation is truly magical. I **would highly recommend their workshops to people who want to connect to their core in a fun and easy way.**



Sunjoy Gupta

Entrepreneur



Health Workshop Feedback



This workshop was an excellent experience. It led me to **explore my hidden potentials**. I also realized that so far unknowingly I have been controlling my inner being to restrict to certain undesired discipline. Like despite my interest in music something prevented me to sing openly. I think now onwards I will be able to persuade myself to sing more comfortably.

On the first day of the workshop somehow I couldn't connect to the extent I should have. But on the second day....**my vehicle has come into full 5th gear**. I am soooo happy. Thanks Runu. Thanks Vandana.

Praneshwar Kaushik

Govt. Officer, Retd.



Health Workshop Feedback



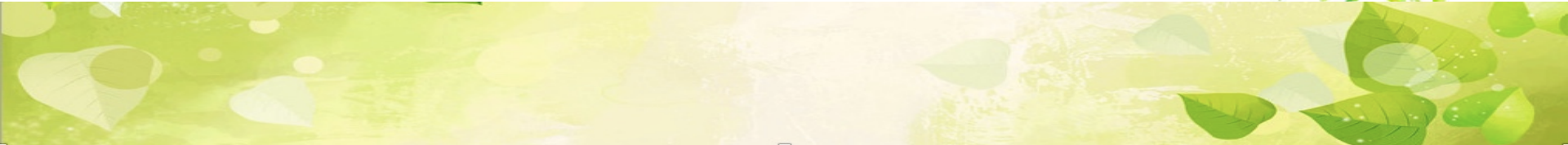
EYE OPENING

I am gonna make it a lifestyle, you should too.

Connect with yourself to connect with others. :)

Ajay Bajaj

C.A., Bajaj associates.



Health Workshop Feedback



Runu & Vandana

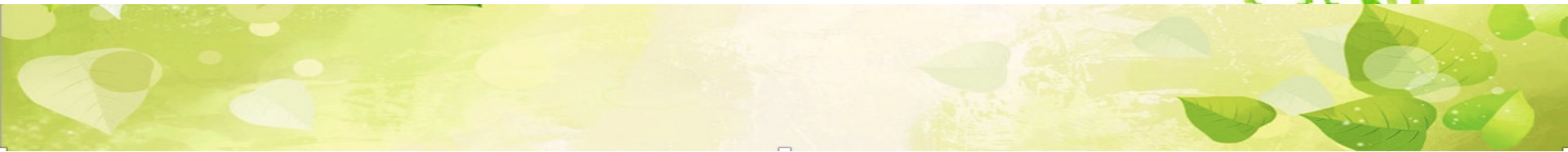
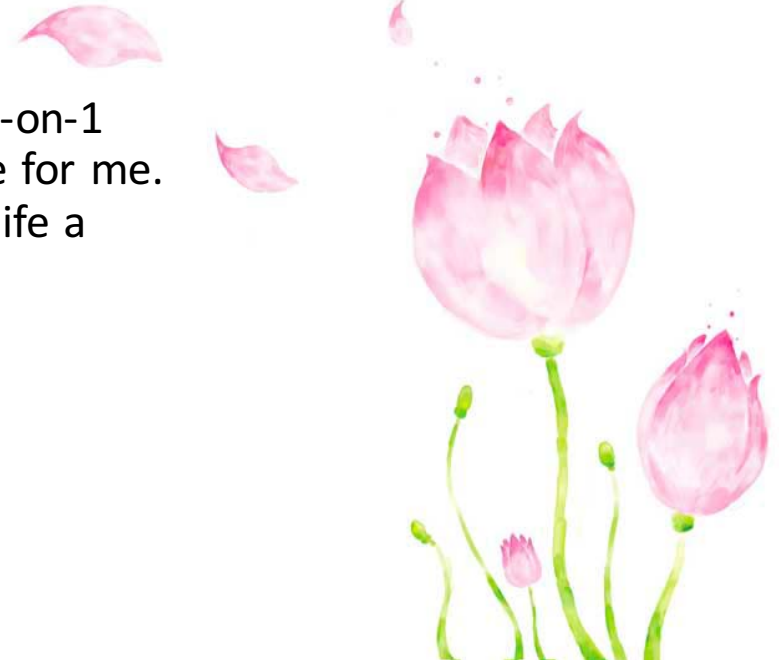
I attended your Workshop for the first time.

It was an excellent experience, I got so many revelations which widened my perspective.

Apart from the workshop, Celestine Runu your 1-on-1 coaching has been a life transforming experience for me. Thanks a lot for all the awakening & helping me live a much lighter joyous life now.

D.G Saxena

Educationist, Author & Speaker



Health Workshop Feedback



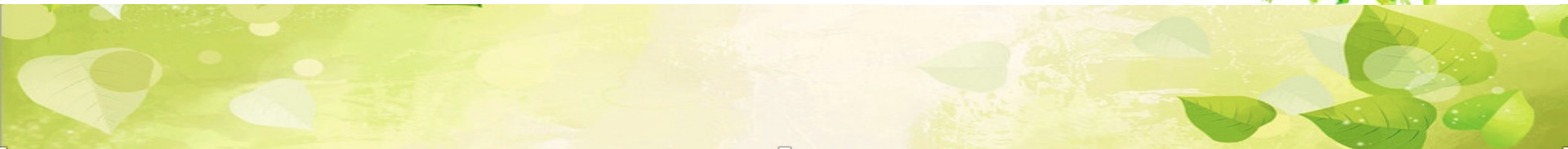
A much needed workshop which helped in **opening lots of blockages** helped in Chakra healing and **establishing a connect** with a beautiful group and **my own core**.

A lot of **burden was removed** and a feeling of be blessed by the energy portal opened by Runu.

Gratitude Runu & Vandana.
Thanks a lot

Anita Yadav

Teacher & Educationist



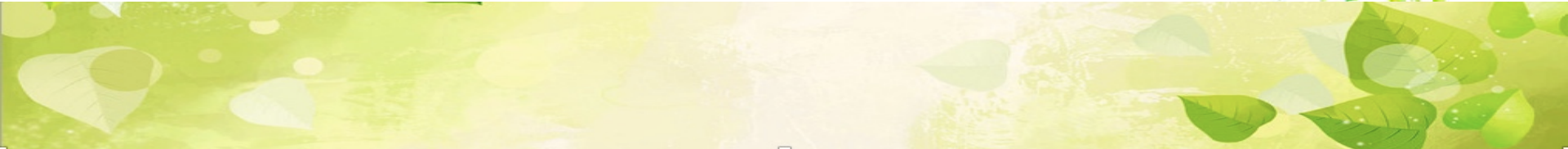
Health Workshop Feedback



Through this workshop I feel a lot of difference between yesterday's Kavita and today's Kavita. I felt all my **blockages in mind and body are vanished** which made me **feeling light and energetic**. I learned about different kinds of chakras. Learned and experienced **magical guided meditation**. Everything is **taught with high spirit, energy** and so much **ease**. Thank you Runu & Vandana
Love you

Kavita Jain

Entrepreneur



Health Workshop Feedback

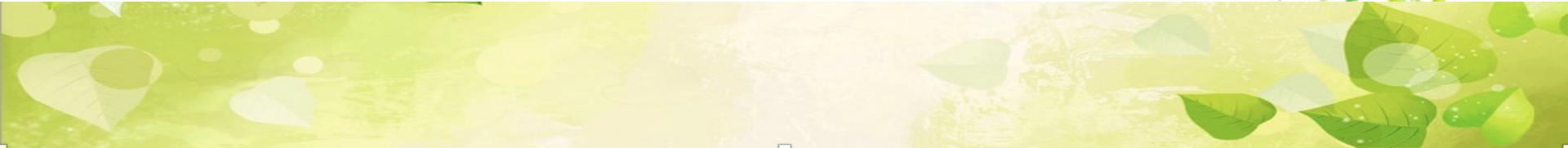


I really liked the health workshop. The chakra healing and personal healing was a major highlight. Runu & Vandana explained very well, **Not even a minute we felt like it was a online program.** It felt like in -person program.

I got to know my problem areas and hopefully will work towards it as per instructions and guided meditation provided by Vandana & Runu. **I highly recommend this workshop to everyone.**

Anju Karki

Legal Officer, Honeywell



Health Workshop Feedback

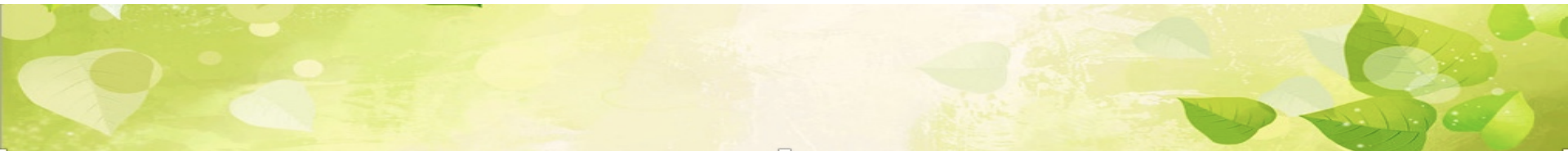


The program resulted in **even more clarity of my purpose** that I came to know in my last workshop 'Abundance'.

Thank you Runu and Vandana for **planning and executing such meaningful workshops**

Manu Kaushik

DGM, IFFCO-TOKYO



Health Workshop Feedback



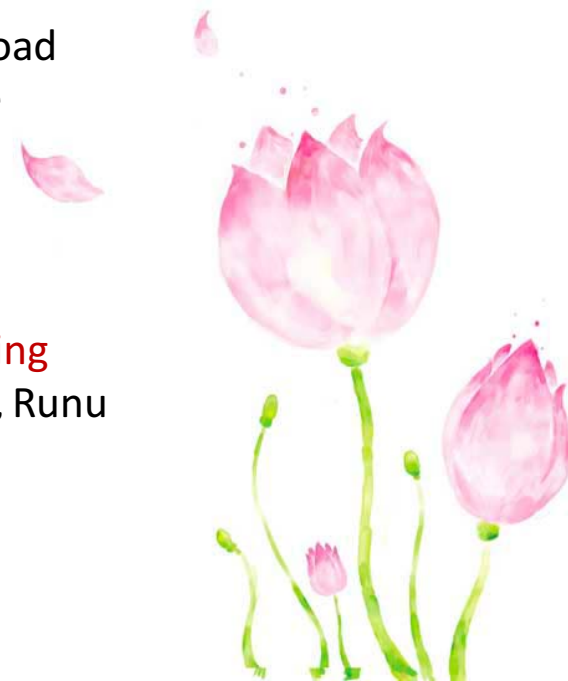
I really enjoyed the two days of the workshop. I liked how dense information was conveyed in a simple **jargon-free way**. I really appreciate the generous sharing of **practical tips and personal nuskha's**

The workshop helped me to look and understand health in a broad way – not just restricted to physical body, but also including the environment and social connections. I specially liked and **felt connected with all the exercises and meditations** we practiced.

The best part of the workshop for me was the **group portal & channelings**, as I **felt connected with the group energy and healing within the group space**. Thank you for the wonderful workshop, Runu & Vandana!

Lovepreen Kaur

Counselor & Therapist



Health Workshop Feedback



My experience was too good. It was amazing. I felt that many questions in my mind got answered.

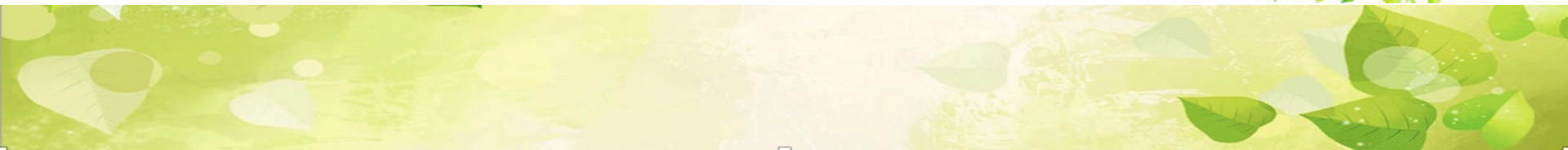
Runu, I found path of light of Divine which I was waiting for. I always wish that Oh God I want a

magical wand with which I can get rid of my pain. So dear you gave me those.

I am so so Happy.

Anuradha Sharma

Entrepreneur



Health Workshop Feedback



Workshop was great, **enlightening**.

The thing which I liked was the **narration of personal stories shared by Runu & Vandana**, which added a **very soulful and human touch** to the workshop.

Mansi Arora

Entrepreneur & Social Worker

