

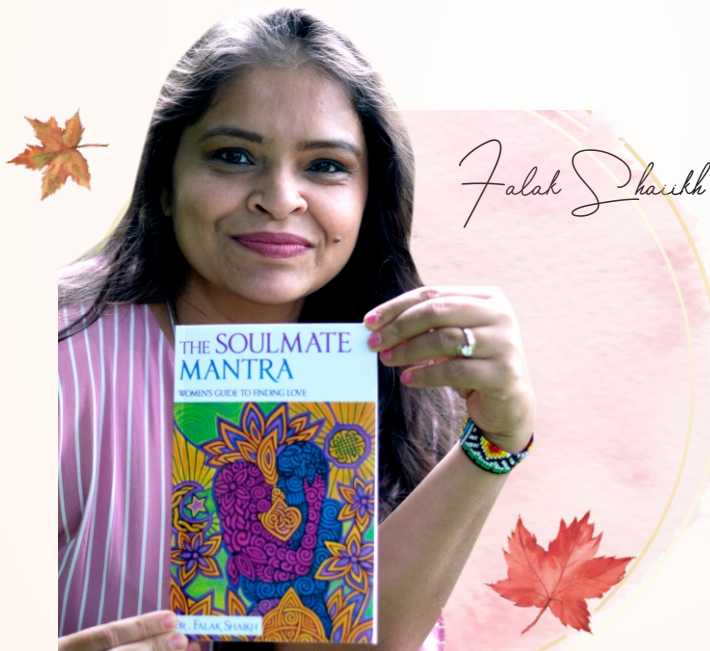
# Falak Shaiikh's October 2021 Newsletter

Headline - Coming Back to Love & Life in Autumn

31/10/2021



## Coming Back to Love & Life in Autumn



October has been a great month this year for so many reasons. Globally, life has been getting back to normal and this has brought about a significant positive change in people everywhere. All the planning that had been going on is now being implemented and the results are starting to show.

I can also say that my independent venture of trying to help people, especially women, to learn to have better relationships and improve their overall life experiences has been coming on track. But, overall, the three biggest pieces of news for this month are:

- My brand-new website is fully operational, live, and I'm simply in love with its soothing design and colors!
- I will send you a monthly newsletter (at the end of the month) to keep you updated about our progress and ways I can support you in your journey.
- And the biggest news, my book 'The Soulmate Mantra' officially launches worldwide in November!

## Months Remembrance

### 1) Every Child Matters



Why an Orange Shirt? Former residential school student Phyllis (Jack) We bstad has shared her story of her first day at residential school when her new orange shirt, bought by her grandmother, was taken from her as a six-year old girl. This act left Phyllis feeling invisible and worthless and affected the way she lived for much of her life.

September 30th is annually recognized as Orange Shirt Day, highlighting the damage the residential school system did to the well-being of Indigenous children. Equally, it serves as a healing journey for the survivors and a commitment by all who wear an orange shirt, that every child matters.

Orange Shirt Day can be hard for those who survived residential schools and their families. Over 150,000 Indigenous children attended residential schools in Canada from the late 1800's until the last one closed in the 1990's and of those attending, it's estimated that over 5,000 died while under residential school care. Many survivors are still dealing with the trauma of abuse experienced at these schools, and the impact it's had not just on them, but on their families as well.

It was quite an emotional day for me, and I was in tears as I narrated this story to a friend in India who did not know the importance of this day. I could understand the pain of the kids in those schools and families who suffered the loss.

I wore an orange shirt, lit a candle and made a prayer in hope that we can mend the mistakes that have already been made on this land. Did a forgiveness practice, I am sorry, please forgive me, I love you, Thankyou!!

## 2) Breast Cancer Awareness Month

Did you know the breasts are an energy extension of the heart chakra?

In my practice as a homoeopath in my early 30s I have seen many cases of breast cancer where I helped them not only with Homoeopathy medicines but healing the energetic blocks that caused cancer. Usually cancer is an energy block caused due to holding grudge, hatred, resentment, and inability to forgive.

## 3) World Mental Health Day

According to WHO, Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Mental health has been long ignored and talking about mental health has been a hush hush for long enough but now no more. How are you taking care of your mental health?

For me, personally, it was a day of taking most of the day out for myself. I had planned this break for me on World Mental Health Day. I did quite a few things on the day like journaling my thoughts and feelings, watching a sunset, and just being in nature tree hugging.

# EVENTS

### 1) BOOK READING SESSION

This book reading session was really intimate, personal, and wholesome to me. It started with me reading a chapter from my book for a group of close peers. We then went into a discussion about relationships and how they could be improved in the short and long runs.

### 2) WINHERS UNITED PODCAST

I had a wonderful discussion with Nicole Walker, an Award-Winning Influencer and the founder of WinHers United, about so many subjects related to women's health and well-being. Nicole is such a charming, energetic, and well-spoken woman that she was able to really keep the discussion going. You can listen to the podcast



**What's coming**

## 1) Book Launch

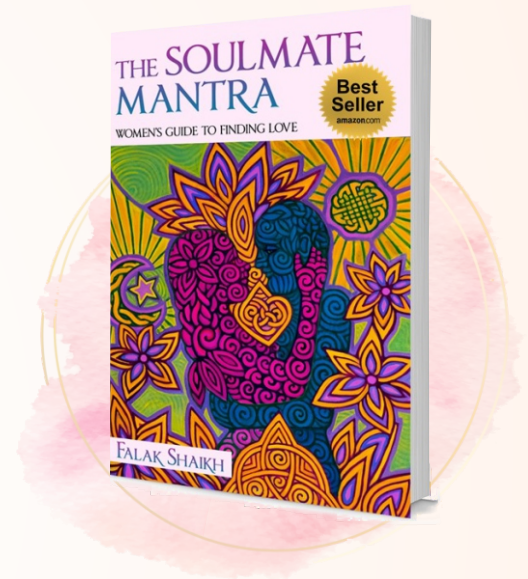
This is the highlight news of my first newsletter – My book 'The Soulmate Mantra' is officially launching on the 13th of November, 2021. The book will be available on all of the biggest platforms worldwide. In the meantime, you can also keep yourself updated about all the other launch details through my Facebook and Instagram.

## 2) BOOK READING SESSION

Because of the grand feeling and success of my previous book reading session, I will most likely have another one in November too. This time I will read a different chapter and ideate on a more unique topic for discussion. I will put the details on social media and the website for this soon!

## 3) CELEBRATING HALLOWEEN & SAMHAIN

We will be ending this beautiful fall month with some spookiness and treats but also humility and gratitude to celebrate the end of the harvesting season and the beginning of winter. Hope you all will have productive things to do and more positive things to reflect on this season.



### Celebrating Samhain



*Falak Shaikh*

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## New Blog

**October being the month of Autumn, where the old leaves fall off and nature is preparing itself to go in winter, by letting go all that is no longer needed, all that is dead and worn out.**

I recently published a New Blog on my New Website – **The Art & Importance of Letting Go**

We may oftentimes forget that our human body, mind, and spirit are the only real gifts we really have to experience (the best of) life. But, losing connection with ourselves can take us further away from truly realizing and feeling the freedom and love that we were meant to witness in our lives.

[Read more](#)

## Testimonials

### REVIEW OF BOOK READING AND LIVE Q&A SESSION



The book reading was an eye opening session for me, and it all made perfect sense. I love the way Falak brought so much practical clarity to the nebulous fantasy image of a soulmate that I had in my head. I am so glad I could get this advice at the right time and save me from being stuck in a cycle of repeating painful experiences in this area. Thank you so very much Falak, for your clarity and vision and I am eagerly looking forward to reading the full book...



*—Mona*



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