

Sangita Patel of Embrace Your Inner Self to be Featured on CUTV News Radio

PRINCETON JUNCTION, NEW JERSEY, USA, February 16, 2015 /EINPresswire.com/ -- We are all born healers. If we can bring our energy into balance, our body will heal itself.

Sangita Patel is the founder of [Embrace Your Inner Self](#), where she guides individuals to embrace their inner self and awaken their natural ability to heal physically as well as emotionally.

“Once you embrace your inner child that’s when magic happens,” says Sangita. “When you bring your focus toward your inner-self, your health, wealth and relationships improve in an instant.”

According to Sangita, your headache and lower back pain didn’t start a month ago. There is a compilation of emotions stored from throughout your life attached to your pain. By placing the spotlight on your inner child, Sangita helps you to acknowledge and release these emotions. With each day your pain and suffering releases and you can see your path more clearly.

“It starts with physical pain but usually it

leads to the emotions. That’s where real healing begins,” says Sangita. “I combine a number of different modalities and customize a healing plan for my clients because everyone is different.”

Sangita first began her healing journey 27 years ago following her car accident in India. After being hospitalized for nine months, Sangita would endure another 17 years of surgeries to reassemble her legs.

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asked for help. Please God, help me heal without needles and surgeries.”



“After the accident my whole life shifted and a whole new phase of my life started,” recalls Sangita. “I was emotionally and physically damaged. I did not know who I was. Finally I

Soon after, Sangita met with a [Qigong](#) Master. Qigong is an ancient Chinese practice of aligning body, breath and mind to cultivate and balance your life energy. Using a combination Qigong and emotional freedom technique, or EFT, to release the stuffed emotions, Sangita was able to create a holistic toolbox.

“Before I was unable to stand for even three minutes,” recalls Sangita. “Now I’m able to give a three hour workshop. It was a chain reaction, like blowing bubbles.

Though today one of her legs may be a little shorter than the other, Sangita says she has her life back. She hopes to pass on her knowledge and experience to others.

“I’m most proud of my inner child,” says Sangita. “The universe is connecting to me and giving me guidance. I’ve found my divine mission. I’ve found my calling.”

CUTV News Radio will feature Sangita Patel in an interview with Jim Masters on February 18th at 12pm EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on Embrace Your Inner Self, visit <http://www.embraceyourinnerself.com/>

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