

Holistic Wellness & Spiritual Practices

A Beginner's Guide to Tarot, Meditation, Energy Healing & Inner Peace

What Is Holistic Wellness?

Holistic wellness is the practice of caring for your complete self — mind, body, and spirit. Unlike conventional wellness, it recognizes that emotional imbalances, energy blockages, and spiritual disconnection are equally important causes of stress, illness, and unhappiness. Dr. Richa Paliwal integrates ancient wisdom with modern guidance to help you heal from within.

Core Practices Covered

Practice	What It Helps With
Tarot Reading	Clarity, decision-making, self-reflection
Intuitive Guidance	Connecting with inner wisdom, life purpose
Meditation	Stress relief, focus, emotional balance
Energy Healing	Chakra alignment, releasing emotional blocks
Affirmations	Reprogramming subconscious limiting beliefs
Journaling	Processing emotions, gratitude, manifestation

Tarot: A Tool for Self-Reflection

Tarot is not about predicting the future — it is a mirror for your inner world. Each card carries archetypal symbols that help you explore your feelings, fears, and possibilities. A reading by Dr. Paliwal is a gentle, compassionate conversation about where you are and where you want to go.

Simple Daily Wellness Routine

- Morning (5 min): 3 deep breaths + set an intention for the day.
- Mid-day (2 min): Gratitude pause — name 3 things you are thankful for.
- Evening (10 min): Journaling — what went well, what you felt, what you release.
- Night (5 min): Body scan meditation before sleep for deeper rest.

Important Note

Spiritual consultations by Dr. Paliwal are intended for self-reflection and personal growth only. They do not replace professional medical, psychological, legal, or financial advice.