

1. Briefly tell us about yourself and your brand

Hi Everyone! My name is Richa Agarwal and I'm your partner in helping you create the life of your dreams!

I'm a Professionally Certified Life & Leadership Coach, a compassionate Clinical Hypnotherapist, a Counselor, a Spiritual Healer, a Writer and a Film Maker with a prior experience of over a decade in the Corporate Sector as a Program Manager, managing large delivery projects and globally distributed teams.

I work with individuals to resolve their issues related to behaviour, health and difficult life situations such as depression, insomnia, anxiety, fears & phobias, panic attacks, allergies, IBS, addiction, reducing side-effects of Chemotherapy, Autism, and also relationship issues, constant life struggles and breaking negative patterns in their lives. I love working with Autistic children and terminally ill patients, because the love that I get from them in return is incomparable to any other kind of love that exists in this universe.

I got my inner calling when I conceived my lovely daughter Anvi. It was then that I went through an internal transformation and received guidance from my spirit guides to begin my journey of helping people. I was at the peak of my career working in a tier 1 MNC at that time and within a flick of a second decided to quit. It was then that my brand **MindSpring** was born.

MindSpring is an Alternate Healing & Research Center that believes in curing the world of physiological and psychological afflictions & traumas with a wide range of therapies and highly individualized treatments, provided alongside conventional medical procedures as well as standalone.

As one of Delhi-NCRs leading healing institution with a mandate of promoting the lesser known but immense benefits of alternate healing, we conduct regular seminars and workshops with the aim of spreading the virtues of the disciplines, as well as support and guide professional healthcare professionals and individuals to better perform in their professions and cope up with daily stress. Our seminars and workshops are not only systematically structured for corporates, schools, medical professionals, hospitals and individuals, but also held after short durations to be more helpful and effective.

I am also a writer and a Film Maker. Through my book "The Soul Game", I talk about our Soul's journey from designing a life plan for us and it's journey through birth, life, death and after. It tells us about how everything that happens with us is all a part of the Soul Plan which our own Soul creates for us before we take birth.

My first film "Raaya" is based on the story of an autistic girl whom I treated and how she kept on becoming better and better with each session. This movie was selected for screening at the Cannes International Film Festival and also won Dadasaheb Phalke award. I was awarded the Best Screenplay Writer award for my second movie "Khushi", again based on the real life story of one of my client, a lady who couldn't peruse her dreams due to circumstances in her life.

2. What product/service are you into?

MindSpring is into Life & Leadership Coaching, Clinical Hypnotherapy, Past Life Regression, Future Life Progression, Inner Child Healing, Physical & Emotional Healing, Mediumship, Chakra Scanning & Healing, Reiki Healing, Theta Healing, Crystal Healing etc.

We help people in the following areas –

Behavioural/Mental/Emotional Issues - Depression, Insomnia, Anxiety & Panic Attacks, Fears & Phobias, Addiction - alcohol, watching porn, smoking etc., Obsessive Compulsive Behaviour - Hair pulling, Nail biting, Cleaning etc., Sleeping Disorders, Eating Disorders, Negative Thinking Patterns, Self-Doubt, Fear Of Public Speaking, Constant Stress, Stage Fright, Mood Swings, Extreme Behaviour, Anger & Irritability etc.

Physiological Issues - Allergies, Irritable Bowel Syndrome, Digestive Issues, Aches & Pains Management, Reducing side-effects of Chemotherapy, Autism, Fertility Issues in Couples, Falling Eye-Sight, Hearing Issues, Body Issues in any part of the Body, Migraines, Headaches etc.

Life Issues - Relationship issues, Financial Instability, Constant Life Struggles, Negative & Repeating Life Patterns, Instability in Life, Curses & Oaths etc.

Coaching – Life Coaching, Leadership Coaching, Leadership Enhancement, Conflict Resolution, - Performance Enhancement, Productivity Improvement, Stress Management, Strengthening Business Relationships, Goal Setting, Building Team Synergy, Women Empowerment, Self-Discovery

Counselling – Relationship Counselling, Adolescent Counselling, Career Counselling, Behavioural Counselling, Couple Counselling

3. How did your entrepreneurial journey start?

My entrepreneurial journey started 10 years back. I was on my fast track forward mode in my Corporate Career. I was at the peak of my career and already managing a large delivery project of up to 300 million dollars and a team of about 300 people distributed across the globe.

I always had a spiritual angle to my approach since my childhood. Where most people believed in managing and controlling others, I always believed in building emotional connect with all my clients, peers and subordinates, probably that's the reason, why even at a tender age of 23, I had travelled and lived in most of the parts of the world on work assignments and was already managing a team as big as 80 people with people who were much older to me in age.

When I was carrying my daughter, I suddenly started getting thoughts that this is not where I want to be. All of my life, I always wanted to be a Software Specialist and here I am being that and still why these thoughts? As I pondered upon this and took a deep dive in my mind through introspection and meditation, I got a very clear message that the purpose of my life is to help others. All this experience that I have gained so far, was to build resilience and mental & emotional strength, so that I can listen to people going through extreme emotional and physical pain and help them heal.

It was at this time, that I decided to quit my job and formally studied Clinical Hypnotherapy, NLP, Counselling and Fertility Conception Techniques. I went on to become a Trainer in Hypnotherapy.

I then launched my brand MindSpring and began my entrepreneurial journey.

4. What is the unique element in your work product?

Our uniqueness lies in the following facts –

a) **We are not Jack of all trades and Master of none.**

At MindSpring, I have different experts from different fields e.g. I am the Clinical Hypnotherapist and Coach, and I have different experts for Reiki, Theta Healing, Crystal Healing, and so on.

When we provide services, we use a unique combination of all these therapies to give the best healing experience to our clients. Just like some people respond to some type of medicine and not to others, similarly, we believe that one kind of healing modality can't work for everyone.

A proper diagnosis needs to be done like in Allopathic treatment.

After the diagnosis, we offer the most suitable package or course to our client which uses a combination of various healing modalities. We do this, because our goal is to resolve the issue from the root, not superficially.

b) **We believe in Providing Professional Healing Services, not Home Healing Services**

Belonging to the Corporate background, my vision is to bring deep respect to the healing profession. We can only do that if we provide proper, professional healing experience with value for money to our clients. We do not believe in home healing services. We have a separate centre from where we operate. All our experts are highly knowledgeable, empathetic, non-judgemental and honest. If we feel that we may not be able to help you in any situation, we are upfront in telling you about it.

c) **The fundamentals of our Healing Offerings are based on Scientifically Proven Methodologies**

All our experts are from a prior professional and corporate background and therefore we are all logical and analytical in our thinking. We believe that most of the people who come to us are also very knowledgeable, logical and analytical and therefore it is necessary for us to offer them services which have been scientifically proven to work. This is how we begin and end our journey with them.

d) **90% of our Healing Offerings are Self-Experiential**

What this means is that we want you to see, hear, feel and experience why you are suffering from a particular issue in life. We would not sit in front of you telling you why it is happening with you leaving you either completely clueless, or puzzled or force you to believe everything that we are telling you. During your healing sessions with us, we would give you 1% of the information from our end, however the rest 90%, you will yourself discover and experience during the session, which makes us completely unique. We do not want you to be at our mercy, we on the contrary, empower you to experience the complete healing and enable you to find solutions by yourself. We act as a facilitator in your healing journey.

5. What drives you to attain such precision in your field?

I belong to a highly educated family. 2 of my eldest sisters are Gynaecologists, my third eldest sister is an IAS Officer and my fourth sisters is a top Business Executive. I myself have a very strong prior professional background. Having grown up in such an environment, I always learnt 4 things – Being truthful, Being honest, Being Empathetic and last but not the least, Being Rational & Logical. Evaluate everything with your heart, mind and soul. Put yourself in the other person's shoes and then evaluate the situation. These are a few things which help me attain precision in my field.

6. Where do you see your brand in the next five years?

I'm thankful for where my brand is at the moment and all the love and appreciation which we have got so far. I would love to keep gaining trust and continue to help and make lives happy and fulfilling for more and more people. In the next five years, I see my brand as one of the top healing and coaching institutions in the country already having helped hundreds and thousands of people.

7. What is that one superpower that you would like to have and why?

The one superpower that I would like to have is being able to resolve all past life issues of everybody in one go. Having been doing so many sessions for so many people over the last so many years, my belief in past life issues has become very strong. My experience with all these sessions has reinforced my belief that our karmas from the past are the reasons for our sufferings in our current lives. What pains me most is the fact that people keep suffering without even the knowledge of the fact that it is the result of seeds which they sowed in their past lives.

I wish I had a magic wand or something using which I could wipe off all the negative karmas of everyone so that we all can start afresh with a clean slate with a beautiful non-judgemental mind.

8. Where can one reach you?

You can reach out to me by

- WhatsApp - +919818666594 & +919818761112
- Facebook – Like my page www.facebook.com/themindspring
- Email me – themindspring.org@gmail.com