



DR. SHIVANI KHETAN (Ph.D. DSc)

THERAPIST - EXPRESSIVE ARTS, SELF ESTEEM COACH, CLINICAL HYPNOTHERAPY (CHt, Chi-ggn, IMDHA-USA), SOUND HEALING & HOLISTIC TAROT HEALER.

Experience of over 12 years with the motive and passion of helping people find solutions. Dr. Shivani has achieved so much and so quickly only because of her deep interest in learning and implementing fast changes in life. She has learned a lot while training at The Fortis Hospital, Behavioural Department faculty for expressive arts UNESCO (certified program).

She researched on her ever-growing interest of expressive arts and is now a certified Expressive Arts Therapist and **Clinical Hypnotherapist**.

Life is powerful and complex. It's of utmost importance for every living being, but human beings love to complicate things. They love to hide their feelings, emotions and mostly they hide their past. **Dr. Shivani supports and works on uncomplicating life's gifts. She knows that every lock needs a different key, every problem needs a unique solution or combination of solutions.** She has gathered multiple tools and skills to unfold, understand and unveil secrets. This makes her an excellent master who can effectively restore your potential and help you set your future goals. This can happen completely at once or can happen slowly over time. It can happen in a blink without any effort on your part or with the help of body mind and heart healing techniques.

*"Healing
doesn't mean
the damage
never existed.
It means the
damage no
longer controls
our lives."*

Dr. Shivani practices mindfulness through Vipassana and Transcendental meditation. **She has a holistic approach oriented towards well-being of her subjects and counterparts who wish to join in with her in the journey of total well-being.** She combines conventional methods such as Sound, NLP, Movement, Art, Journaling and Innovative Methods Life Music, Story Telling, Silence, Play to create a healing-lifechanging connect.

She has been recognized by magazines and daily newspapers by publishing her ideas and suggestions on a regular basis. **The G.J. Group has published her creation 'Tarot - A Healing tool in modern times'. The same has been accredited as The First Coffee Table Book on tarot by Golden Book of World Records.** This book is about finding true path and healing yourself physically and emotionally through daily practices.

Her aura, her practices and guidance has connected her with many lives. She has enhanced and improvised life all who have come to her seeking guidance. **Dr. Shivani is passionate towards what she knows, and thinks is right for the society.** Women empowerment, power of manifestation, self-care, meditation, first-aid and simple medication for a healthy life are some daily practices she teaches, and this help ease out the petty problems in regular life.

She travels widely and devotes time to family, friends and welfare to evolve her clients through her interactions. She firmly believes in forgiveness and spiritual connections.

Dr. Shivani is the founder of Mudita. She is researching and working on Mental Health of citizens who are of 70+ age group and focuses on elder-care, care of cancer patients and teenagers. Dr. Shivani has explored life through her creative expressions. She regularly visits NGOs and schools to conduct Expressive Art Therapy workshops to help children and adults in coping with the mental health. She has been awarded for her contribution in tarot and healing through tarot cards.

As a caring person, she works with people across the Globe inspiring them to access their inner wisdom, joy, love and well-being. She feels the safest investment in the world is the investment that you make on yourself.



MUDITA™
By Dr Shivani Khetan

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