

Dr. Manjusha Tandekar: Turning Life's Challenges into a Journey of Healing and Spiritual Growth

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Through Vertex Healing & Training Centre, Dr. Manjusha Tandekar shares her interest in Reiki, holistic healing practices and spiritual learning, encouraging people to explore self-awareness and personal growth.

Life's difficult experiences can sometimes inspire people to discover new perspectives and purposes. For **Dr. Manjusha Tandekar**, personal physical, mental and emotional challenges became an important part of her journey towards Reiki and spiritual practices. Inspired by these experiences, she established **Vertex Healing & Training Centre**, where she now works in the areas of holistic healing practices and spiritual training.

Her journey reflects a desire to turn personal experiences into an opportunity to support others as they explore self-reflection, emotional awareness and spiritual development.

The Beginning of a Healing Journey

Dr. Manjusha's introduction to Reiki and spiritual practices came during a challenging period in her life. Exploring these approaches became part of her personal journey and influenced her decision to share what she had learned with others.

This experience eventually led to the establishment of Vertex Healing & Training Centre. Through the centre, she aims to create opportunities for people to explore different wellness and spiritual practices in a guided learning environment.

As a healer, trainer, mentor and spiritual guide, she encourages individuals to reflect on their experiences, develop a positive outlook and become more aware of their personal strengths.

Vertex Healing & Training Centre: Exploring Holistic Practices

Vertex Healing & Training Centre offers sessions and training programmes associated with a range of holistic and spiritual practices. These include Reiki Healing, Angel Therapy, Tarot Guidance, Crystal Healing, Meditation and Chakra Balancing.

The centre's activities focus on spiritual learning, self-reflection and personal development. Through its sessions, participants are introduced to practices that may form part of their individual approaches to mindfulness, relaxation or spiritual exploration.

Dr. Manjusha's work brings together different methods under one platform, allowing people from varied backgrounds to explore practices that align with their interests and personal beliefs.

It is important to understand that practices such as Reiki, crystal healing and chakra balancing are not established substitutes for evidence-based medical or mental healthcare. They should not replace professional assessment or

treatment when someone is experiencing a health concern.

Expanding Access Through Online Training

The COVID-19 pandemic created new challenges for many training and wellness activities. During this period, Dr. Manjusha expanded her work through online sessions, making it possible for participants to connect with her remotely.

Online delivery helped the centre reach people from different parts of India and abroad, including professionals and homemakers who wanted to explore holistic practices from their homes.

The centre continues to pursue both online and offline activities, with the aim of making its programmes accessible to people with different schedules, backgrounds and learning preferences.

Recognition and a Global Vision

According to her professional profile, Dr. Manjusha's work has received recognition at various national and international platforms. Such recognition has been part of her continuing journey in the holistic healing and spiritual training space.

Looking ahead, she aspires to develop Vertex Healing & Training Centre into an internationally recognised organisation for holistic practices and spiritual education.

Her vision centres on extending the centre's reach, connecting with more learners and creating further opportunities for people interested in personal reflection and spiritual development.

A Message of Transformation and Positivity

Dr. Manjusha's guiding message, "**Heal Energy | Rise Limits | Transform Life,**" expresses her interest in personal growth, positivity and self-awareness.

Her story highlights how individual experiences can influence the direction of a person's life and inspire them to build a platform around their interests and beliefs. Through Vertex Healing & Training Centre, she continues to pursue her goal of helping people explore spiritual practices and develop a more reflective approach to everyday life.

Her journey serves as an example of turning personal challenges into motivation for a new professional path, with a focus on learning, guidance and service.

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