

**DEEPTI GANDHI**



**WARRIOR WOMAN**

# IN HER OWN WORDS:

## - WHAT SHE'S MOST PROUD OF HERSELF FOR -

I'm most proud of myself for learning to trust in the Universe. It has taken me a long time to get to this space, but I have learned to trust that everything that is happening in my life, is happening for a reason, even if this may seem unclear at the time. And...somehow, it will be in my favor in the long run. Having this faith in the Universe was a result of finally surrendering to the "as is" of those difficult times in life. This act of surrender has truly opened my heart and eyes. Previously, my outlook was quite fear-based. Now, a lot of that fear has been replaced with gratitude and hope. As a result, both my compassion and passion have increased tremendously. This newfound faith in the Universe has led to many more meaningful connections with others and increased my own inner peace. One of my favorite quotes is by the beloved author, Paulo Coelho, "and when you want something, all the universe conspires in helping you to achieve it."

# IN HER OWN WORDS:

## -WHAT SHE WOULD TELL HER 16 YEAR OLD SELF-

I love this part...What would I tell my 16 year old self?! Sooo much! But, I'm not sure that my 16 year old self would believe it! (Guess I would need Vibha's advice on how to communicate effectively to a teenager :) Here it goes...Despite what you may think and feel and hear about yourself, you do matter. You are supposed to be here. You are worthy, kind-hearted, creative, and smart. You don't need to be perfect. You just need to be you at this very moment and trust in the Universe. Trust yourself and your instincts. Hang in there, you will find your tribe.

Ride the waves of life...there will be good times and bad. I hate to tell you, dear one, but pain will be your greatest teacher. You will heal and become stronger than before. Everything will come together and it's going to be alright. And...this one is really difficult at any age, especially at 16, but try to remember this...

"don't let people who don't matter too much, matter too much."

-Wes Moore

# IN MY OWN WORDS:

## - WHY MS DEEPTI GANDHI IS A WOMAN WARRIOR ROLE MODEL TO ME -

Deepti is one of those people that has a warmth that simply radiates from her heart. I got to know Deepti through our mutual interest and participation in Dr. Shefali Tsabary's Awakened Family teachings. Deepti is doing amazing work helping women break free from the limiting beliefs about their appearance. Through her business, **Soleil Aesthetics and Wellness**, Deepti is able to help women feel self confident, secure and proud of the way they look. She takes the essence of a person, the heart, who they are on the inside, and helps them match it to a form they are comfortable and happy in. She's a strong believer in the importance of self-care and she wants to share that gift with women in the community. (she's also giving me friendly reminders about self-care!) She's a giver with a great big heart, her positivity is contagious, and I'm so proud to call her my friend!

you Rock Deepti!

Stay Positive,  
Vibha

DEEPTI'S FAVORITE

WOMANTRA:

It's not selfish  
to love yourself,  
take care of yourself,  
and make your  
happiness a priority.

It's necessary.

-Mandy Hale