

# INNER JOURNEY & SELF EMPOWERMENT





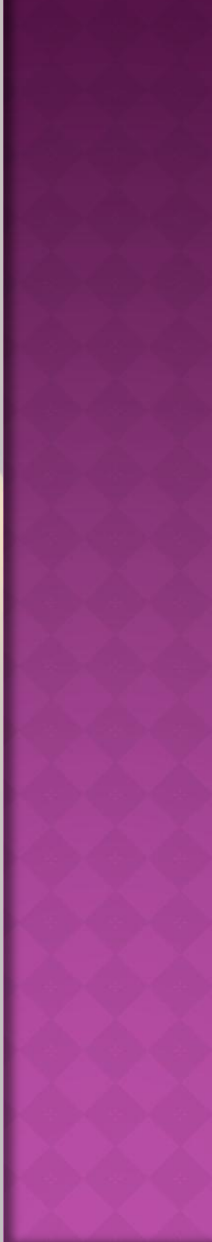
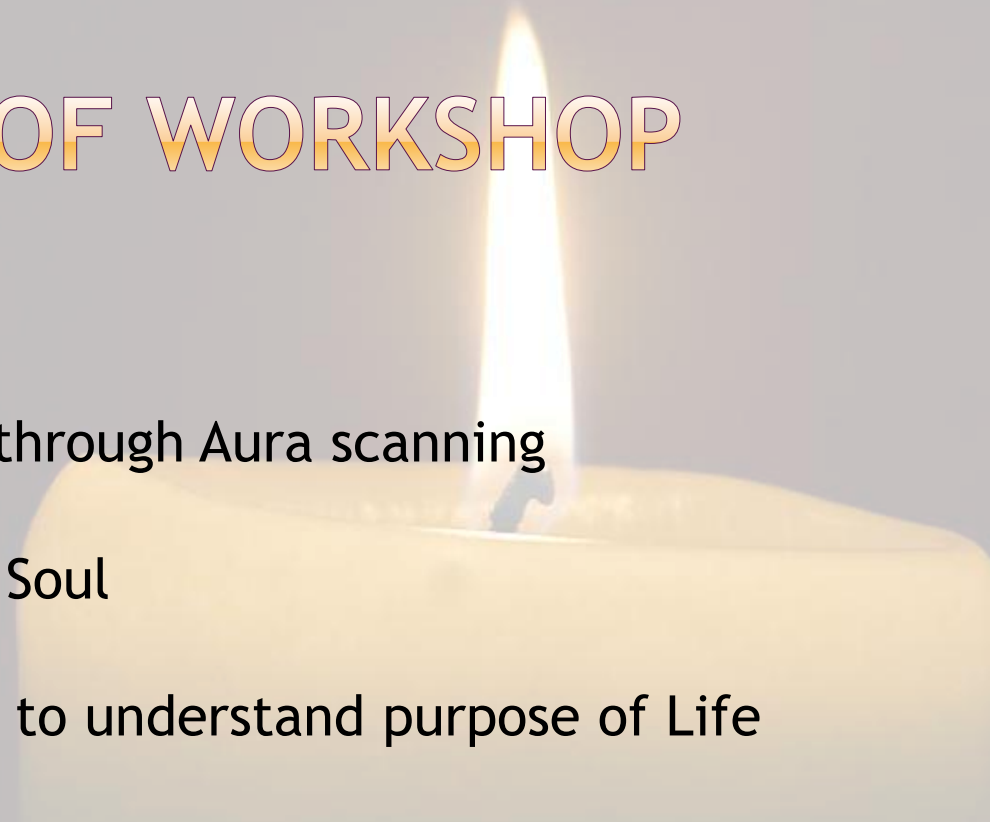
# THE SPIRITUAL PATH

- ◉ The soul starts from the Divinity only to find its way through a maze of lives towards Divinity again
- ◉ Spirituality is not God worship; it is the strengthening of the spirit.
- ◉ The benefits of spirit strengthening touches your life in many ways
- ◉ Find contentment in all aspects of life
- ◉ Change your surroundings to attract what you want in Life



# OBJECTIVES OF WORKSHOP

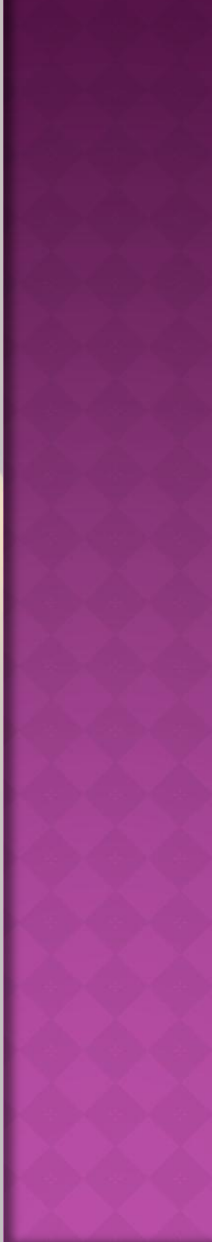
- Be one with THE ONE
- Analyse the Chakras through Aura scanning
- Kindle the Fire in the Soul
- Use past Life Therapy to understand purpose of Life
- Understand the use of Meditation techniques and Life tools
- Use Handwriting analysis to change Life patterns
- Understand Emotional Freedom Therapy





# AIMS OF WORKSHOP

- ◉ Use Law of Attraction to create Abundance
- ◉ Set Goals for Life
- ◉ Clear Blockages within
- ◉ To love Self
- ◉ To Heal Emotions
- ◉ To Create inner world to reflect outer world





# PROGRAM DETAILS

- ◉ 2 Day spiritual residential program on 9<sup>th</sup> and 10<sup>th</sup> April 2011
- ◉ Arrival at the venue on 8<sup>th</sup> April 2011 evening.
- ◉ Group Introduction at 8:00 p.m.
- ◉ Dinner at 9:00 p.m.
- ◉ 10:00 p.m. retiring to your rooms for the night as the program starts early next day (on 9<sup>th</sup> Morning) at 6:30 a.m.



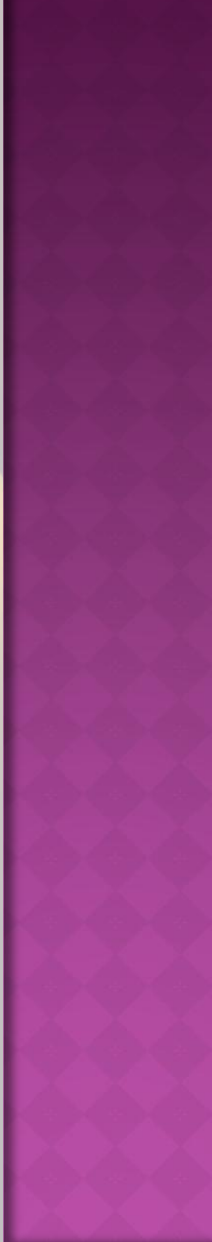
# DAY 1

- ◉ 6.30 - 7.30 - morning meditation
- ◉ **Break for breakfast and bath**
- ◉ 9.30 - 10.00 - aura scan
- ◉ 10.00 - 10.30 - Anapana ( breath meditation)
- ◉ 10.30 - 11.30 - Inner world creation
- ◉ **11.30 -11.45 - break**
- ◉ 11.45 - 1.00 - What is life ( med on self and sharing )
- ◉ **1.00 - 3.00 - lunch and rest**



# DAY 1 ..... CONT'D

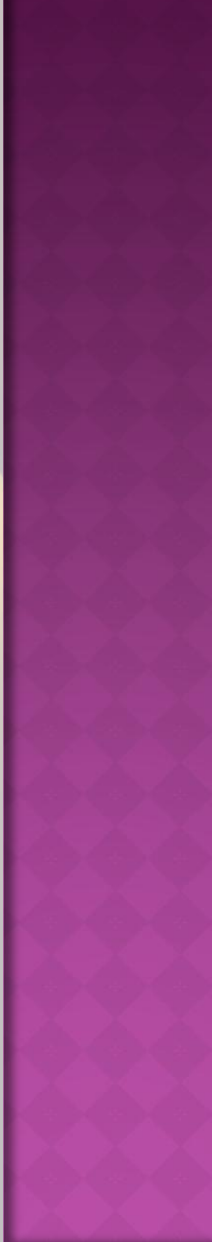
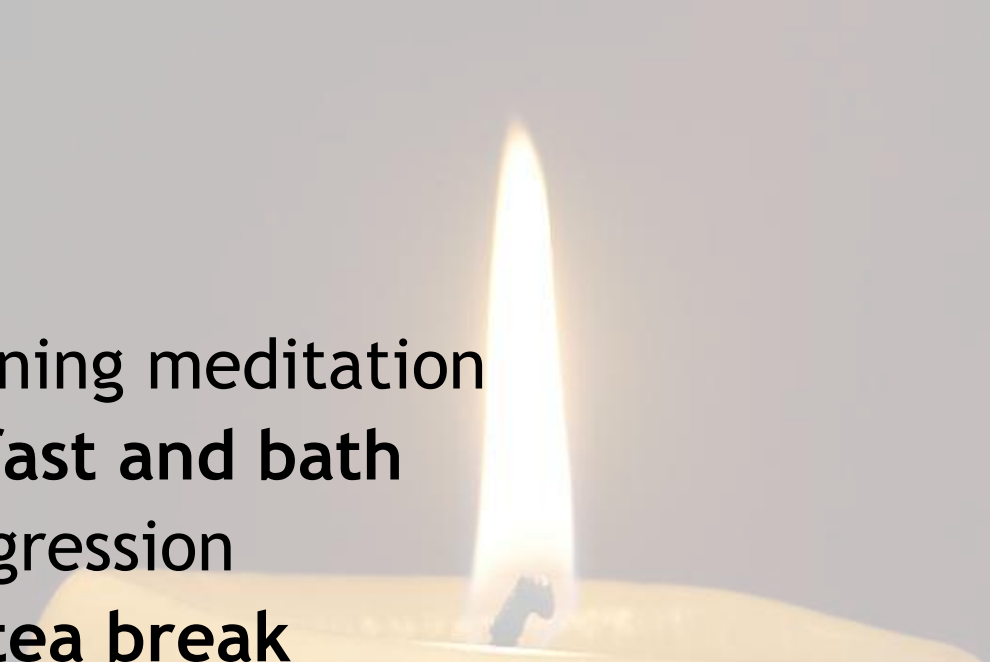
- ⦿ **3.00 - 3.15 - tea**
- ⦿ **3.15 - 3.45 - Gibberish ( release)**
- ⦿ **3.45 - 5.45 - EFT**
- ⦿ **5.45 - 6.00 - Object empowerment**
- ⦿ **6.00 - 7.00 - activity - Walking meditation with object**
- ⦿ **7.15 - 8.00 - activity - dance and silent med**
- ⦿ **8.00 - 9.00 - dinner**
- ⦿ **9.00 - 10.00 - Loving self**
- ⦿ **Retiring to bed**





## DAY 2

- 6.30 - 7.30 - morning meditation
- **Break for breakfast and bath**
- 9.30 - 11.00 - Regression
- **11.00 - 11.15 - tea break**
- 11.15 - 12.30 - Emotions and sharing
- 12.30 - 1.15 - Life goal setting
- **1.15 - 2.15 - lunch**
- 2.15 - 2.45 - Activity -game
- 2.45 - 3.45 - Q & A
- **3.45 - 4.00 - tea**
- 4.30 - Departure





# TARIFFS & CHARGES

- ◉ INR 5000/- per participant. Includes welcome drink, Breakfast, Tea, Lunch, & Dinner and
- ◉ Accommodation on twin sharing basis. Care will be taken to group ladies together.
- ◉ Does not include individual travel expenses to and fro to the venue.
- ◉ Please check with your spiritual guide for your travel arrangements.



# CONTACT DETAILS

## Pune

- ◉ Madhavi Sthalekar +919890266632
- ◉ Nita Sitlani +919371074844

## Mumbai

- ◉ Sachin Deshmukh +919769097975

