

Webinar

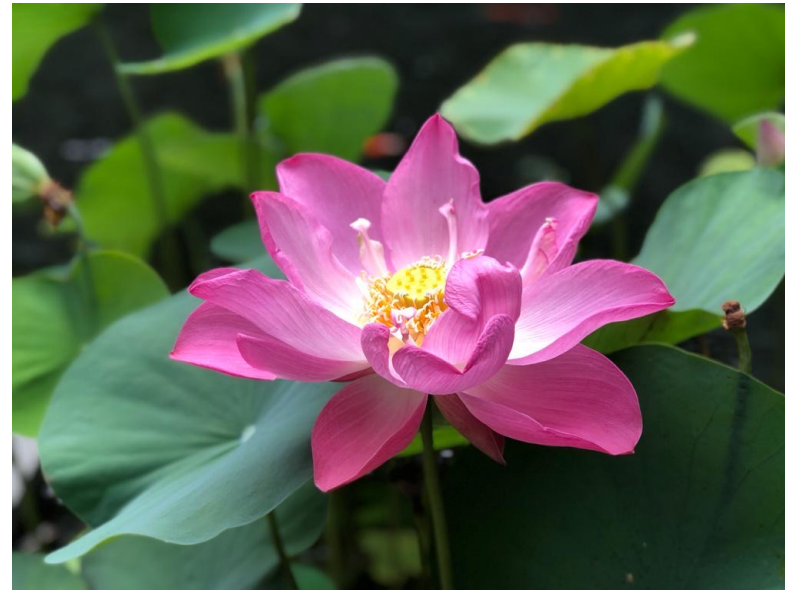
Emotional Healing and Empowerment

Saturday 12th September 2020 from 8AM to 10AM New Zealand time

Jyoti Sondhi, Author of '**Lighting the Lamp Within**', Reiki Teacher, Meditation Instructor and Spiritual Mentor presents a **heart-centered approach** to help you bridge the gap between your life challenges and spiritual perspectives in a practical way. This webinar is designed to empower you to move towards conscious living, to experience peace within.

Integrating Spirituality into our daily lives

Many of us have a good conceptual understanding of Spirituality. Yet we often find it difficult to integrate this into our day-to-day living. Managing emotions and relationships seem to overwhelm us. We get caught in a downward spiral of inner, self-sabotaging dialogue. And our spiritual knowledge seems to be of no help at that time.



This webinar is part of an on-going series, 'From Spiritual Wisdom to Conscious Living'. It is based on holistic spiritual insights from personal experience and can be applied intuitively. It will last **2 hours** and include a guided meditation.

Limited seats to encourage interaction. To sign up, please email

jyotisondhi@lightingthelampwithin.com

This webinar will be conducted using Skype video. For more information visit www.lightingthelampwithin.com

Energy Exchange NZ \$50 net.

(For overseas participants NZ \$53 equiv. including paypal surcharge). Details will be sent upon registration.

Webinar Structure and Content

Content:

We go through our life see-sawing between the emotional highs and lows that seem to control our life. This is because the energy of some painful emotions is sitting in our bodies causing us to react – without realising – much to the discomfort of all concerned. Many times, these lead to regrets and guilt, thereby adding another layer of pain in our bodies. In this webinar, we will look at emotions from various angles and learn to analyse them and the beliefs that control them. It will give you an opportunity to reflect upon your emotions and beliefs so that you can learn to observe and release them instead of being consumed by them. A guided meditation will be conducted and worksheets will be provided for reflection and further personal growth.

You will learn about:

- To recognise your prominent emotions that control your life.
- To recognise your triggers.
- To become aware of your beliefs behind the emotions.
- To heal ourselves by knowing your emotions
- To learn some techniques to empower yourself emotionally.
- To feel free of your emotional baggage.