

Webinar

Living Consciously

Saturday July 11, 2020 from 8AM to 10AM (Auckland 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 short 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). Paypal details will be provided.

Webinar Structure and Content

Content:

In this workshop we will look at how living unconsciously makes us feel like a victim of our circumstances and life is simply 'happening.' This leads to stress and anxiety. You will learn how to step out of 'creating' unconsciously and to take responsibility for your choices in a different way.

A prayer and a guided meditation will be conducted and worksheets will be provided for reflection and further personal growth.

Key Outcomes:

- living from body, mind, emotional consciousness
- shift from victimhood to powerful being
- shift from blame to responsibility
- shift from complaint to gratitude
- shift from a disempowered being to a co-creator of your life
- integrate and apply soul qualities in our day-to-day life
- living consciously through gratitude, integrity, intentions