



Awaken Your Joy

Healing Retreat

Melbourne

Sunday 10 May 2020

Gitesha Brendel, spiritual teacher and healer, will assist you to realise that life is for you, not against you and how to choose love over fear. Her style of healing is practical, intuitive, and deeply transformative, going straight to the core of who you are. She has worked successfully with adults, children, couples, families and groups for more than 30 years.

Awaken Your Joy, a one day Healing Retreat is for everyone who wants to grow. It is for those who are already on the path of self exploration and enlightenment and for those who are looking for the path. It is for those who feel stuck, or keep coming up against the same obstacles, for those who are experiencing anxiety, insecurity, stress, illness or grief, or who want to resolve the emotional components of crisis and conflict. It is for anyone who wants to improve the quality of their life and make a leap to the next level. It is a journey back to yourself, a renewal of your natural state and an awakening to the unbounded, overflowing joy of life.

You will be guided to relax, breathe, meditate, move, dance, reflect, contemplate, express yourself, connect, expand your awareness, celebrate, laugh, listen, share, play, pray, heal, and discover:

All you need is within You!

Learn to use Powerful Life Affirming Principles.

Develop your ability for instant self healing.

Practice the art of living from a deeply relaxed state of being.

Discover the inexhaustible source of goodness within you.

Recognise your innate capacity for joy in your life.

Actualise your true magnificence.

Awaken to your original innocence!

**As all versions of unhappiness transform,
wellbeing, gratitude, generosity, creativity, love, abundance, compassion, joy,
harmony and peace
emerge.**

The cost of \$99 includes lunch and materials.

gitesha@iprimus.com.au 0431 892 579 www.gitesha.net

Private Healing Sessions are also available in person, by phone or Skype and FaceTime

Awaken Your Joy

Healing Retreat

will be held
Sunday 10 May 2020 in Melbourne
10am - 4pm

Healing Retreat Content

You will be guided in the Art of Self Healing

Learning to:

- consciously access the universal healing essence
- apply very simple and practical methods to access and direct this healing essence
- transform unloving states of being into lovingness, states of lack and limitation into states of enoughness, overflow and fulfilment
- recognise that suffering is unexpressed love
- strengthen within you those qualities that emanate from your true Self
- remember who you really are

You will be guided in the Art of Being Present

- You will practice expanding your capacity to be conscious and present
- You will recognise that which is Good, Whole, Perfect and Complete within you
- You will practice staying intimately connected with your Divine nature
- You will experience the healing effects of deepening your awareness
- You will learn using your breath as a bridge for connectedness

You will be guided in the Art of Letting Go

You will become familiar with:

- the internal attitudes of letting go, opening up, surrendering and freeing yourself
- the qualities of being willing and allowing
- the dynamic of releasing burdens
- the process of dissolving inner and outer difficulties, barriers, restrictions and obstacles
- your innate capacity to choose love over fear, what feels good and makes you happy over what stifles you

You will be guided to witness your own Healing, as:

- unhelpful life attitudes change
- contractions, tensions and pain ease
- rigid thought patterns release
- emotional disturbance dissolves
- stress disappears
- illness turns into wellness, disease into ease and discomfort into comfort

In a safe supportive sacred space we will use:

- Meditation
- Relaxation
- Natural Movement
- Sound
- Affirmative Prayer
- Intention Setting
- Awareness of Breathing
- Self Reflection
- Contemplation
- Sharing from the Heart
- Healing Mantras
- Empowered Statements
- Forgiveness
- Gratitude
- Appreciation
- Total Loving Acceptance

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