AWAKEN YOUR JOY

Melbourne dates Adelaide dates

With Gitesha Brendel, a spiritual teacher and healer who will assist you to realize that life is for you and not against you and how you 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.

This two-day workshop is for everyone who wants to grow. It is for those who are already on the path of self exploration and enlightenment, for those who feel stuck, or keep coming up against the same obstacles, for those experiencing illness or grief who want to resolve the emotional components of crisis and conflict, for anyone who wants to improve the quality of their life.

This journey back to yourself, is a renewal of your natural state and an awakening to the unbounded, overflowing joy of life. You will relax, breathe, meditate, move, dance, reflect, contemplate, express yourself, connect, expand your awareness, celebrate, laugh, listen, share, play, pray and heal, discovering:

*All you need is within you!*

*Powerful Life Affirming Principles*

*An ability for instant self healing*

*The art of living from a deeply relaxed state of being*

*The inexhaustible source of goodness within you*

*Your innate capacity for joy in life*

*Your true magnificence and original innocence!*

What:

When:

Where:

Time:

Tuition

What You Will Do:.

Information

0431 892 579 [www.gitesha.net](http://www.gitesha.net) gitesha@gitesha.net

*You will be guided in the Art of Self Healing*

Learning to:

* consciously access 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 fulfillment.

*You will be guided in the Art of Being Present*

* You will practice expanding your capacity to be conscious and present.
* You will learn to recognize 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 increasing and 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.

In the process of letting go you will discover:

* Unhelpful life attitudes change
* Contractions and tensions ease
* Rigid thought patterns release
* Emotional disturbance dissolves
* Stress disappears

*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