

Webinar

Knowing and Healing your Inner Child

Friday 22nd May 2020 from 6PM to 8PM 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.



Webinar Structure and Content

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 vide

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.

Content:

Behind every thought and action there is an abandoned child within us seeking acceptance and love. In this workshop we will understand the reasons behind our triggers as adults. We will learn some techniques to heal our Inner Child and feel whole and complete again. A guided meditation to heal the inner child will be conducted and worksheets will be provided for reflection and further personal growth.

Key Outcomes from this webinar:

- understand our 'Real' self and 'False' self
- know who our Inner Child is
- recognise the manifestations of a wounded Inner Child
- understand why it feels abandoned
- understand why we need to heal our inner child
- learn how to heal and love our Inner Child