

A series of workshops

From Spiritual Wisdom to Conscious Living

Jyoti Sondhi, Author of 'Lighting the Lamp Within', Reiki Teacher, Meditation Instructor and Spiritual Mentor presents a series of **heart-centered workshops** to help you bridge the gap between your life challenges and spiritual perspectives in a practical way. These workshops are 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.



Six Workshops to take place every Wednesday starting 11th March 2020 at Somerville, Auckland

These workshops are based on holistic spiritual insights from **personal experience** and can be applied intuitively. Each workshop will last **2 hours** and include a guided meditation.

Limited seats to encourage interaction. To sign up for one or more workshops, email

jyotisondhi@lightingthelampwithin.com

or send message to 0220372768.

For more information

www.lightingthelampwithin.com

Energy Exchange for each workshop \$50

Workshops Structure and Content

I. Emotional Healing and Empowerment (Wednesday 11/03/2020 from 7PM to 9PM)

You will become aware of your emotional blockages with a shift in perspective and learn how to release anger, jealousy and resentment, anxieties and guilt. You will understand how beliefs and conditioning influence your life and how you can release them and gain true freedom.

II. Raise Your Vibrations (Wednesday 18/03/2020 from 7PM to 9PM)

This workshop will empower you to elevate your energy vibrations from living in fear to living in love and compassion, where you can experience heightened feelings of

III. Personal Empowerment (Wed 25/03/2020 from 7PM to 9PM)

This workshop will introduce you to the integration of your energies and bring in harmony within your internal and external life, to release the shadows of the past and live in the present moment. The magic of transformation manifests itself in ways that are unimaginable with forgiveness and compassion.

IV. Spiritually Grounded Relationships (Wednesday 15/04/2020 from 7PM to 9PM)

You will learn about building harmonious relationships and about managing your relationships spiritually. You will be able to recognize the limiting belief systems, and the power of ego in its various forms and how to befriend it in the relationships that you value. You will understand enlightened parenting skills and get some guidance on spiritual parenting to become spiritual teachers for *your own children*

V. Inner Child Healing (Wed 1/04/2020 from 7PM to 9PM)

Behind every thought and action there is an abandoned child seeking acceptance and Love. In this workshop you will understand the reasons behind your triggers. You will learn some techniques to heal your Inner Child and feel whole and complete again.

VI. Living Consciously (Wed 8/04/2020 from 7PM to 9PM)

In the workshop, you will understand how living unconsciously makes you a victim of your circumstances and leads to stress. You will learn how to make a shift from fear to love, from confusion to clarity, from complaints to gratitude, from blaming to taking responsibility for your choices and from a disempowered being to a co-creator of your life.