

Webinar

## Raise your Vibrations!

Saturday 11<sup>th</sup> July, 2020 from 5PM to 7PM (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. Date and time will be decided based upon the need of the participants. To register your interest, please email [jyotisondhi@lightingthelampwithin.com](mailto:jyotisondhi@lightingthelampwithin.com). This webinar will be conducted using Skype video. For more information visit [www.lightingthelampwithin.com](http://www.lightingthelampwithin.com)

Energy Exchange NZ \$50 net (For overseas participants NZ\$53 equiv. including Paypal)

### Webinar Structure and Content

#### Content:

At the physical level, we live in fear that is often reflected in judgment, criticism, blame and victimhood. This workshop brings into our awareness the reasons behind and consequences of living in this 'survival' mode. It will give us tools and techniques to elevate our energy vibrations from living in fear to living in love and compassion, where we can experience heightened feelings of inner joy and happiness. A guided meditation will be conducted, and worksheets will be provided for reflection and further personal growth.

#### Key outcomes

- understand fear and analyse the circle of fear
- know what fear does to us and how it affects us
- learn how to question our fears and beliefs
- understand fear as a vibrational frequency
- learn how to move from Fear to Love and raise our vibrations
- learn how to bring higher vibrations in our daily life