

Healing the Heart

- A Consciousness Approach

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an online workshop organised by NAMAHA,
the Journal of Integral Health



NAMAHA
The Journal of Integral Health

Many people suffer from coronary artery disease, leading to premature death and suffering. A major cause of its increasing prevalence is an unhealthy lifestyle. Current treatment options are complex, sub-optimal, expensive and often life-long with their own complications and limitations.

The Consciousness Approach is a new paradigm in the field of medicine, inspired by the yogic experiences of the body and a higher consciousness. The Consciousness Approach views the body as a conscious being, with its own innate intelligence and an immense healing power. This Approach touches the very root of the disease, resulting in a healing transformation that is deep and long-lasting.

Man today has lost touch with his body and treats it like a machine. In the workshop, we will explore the sublime consciousness of the body, use a series of techniques to purify her of physical and psychological impurities, invoking a higher consciousness of peace and love, which provides the best possible environment for her to heal and recover her harmony. The workshop will cover the following themes which will facilitate healing of the body and the heart in particular:

- Connect with the body, forming a deeper bond with her, a bond of love and gratitude.
- Connect with Mother Nature, using the powers of the Nature to heal – Sun, Prana, Earth.
- Food as medicine, using the healing power of the food to heal the body.
- Exercise to heal, a series of simple practices, which will help heal the heart.
- Meditate to heal. A series of guided meditation practices, aimed to awaken the healing power in the cells.

Who may join this workshop

- Those suffering from coronary artery disease, who aspire to heal their body from within.
- Those suffering from hypertension, diabetes, metabolic disorders will also benefit from the solutions and practices.
- Anyone aspiring to develop a deeper basis of health and wellness within them.

3rd, 10th & 17th September, 2022

10.30 am - 12.00 pm IST



To Register : Rs. 1,600
<https://rzp.io/l/CdZHRhd>
Overseas : \$25

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=V36PRXTAHZ22A
Zoom link and Passcode will be circulated in the evening of 2nd September 2022.

FOR BANK TRANSFER

Account: NAMAHA | Account no: 1235498160 | Type: Savings | Bank: Central Bank of India | IFSC: CBIN0281354

