

3 sessions at  
5, 12 and 19th December - 2020  
All at 5.00 pm IST. All Saturdays  
Duration 1 hour

# ALICE THROUGH THE LOOKING GLASS

REVISITING EMOTIONS  
THROUGH THE LENS OF  
QUANTUM SCIENCE



**Emotions seem to control our whole lives.** We react, we respond, we think that we said the right thing, that we made the right decision. But did we? What if it all goes wrong, what if it doesn't work the way we planned? *What if our world crashes?*

### **What's real? What's not?**

The answer lies in our emotions. We perceive everything in our lives through the filter of our emotions. If you would like to understand more about how emotions run your life, and the technological functioning of your hormones. If you would like to know the tools for making more conscious and confident choices in your career path and relationships, then you need to experience these mind-blowing sessions with Dr. Sangeeta Sahi.

### **1st session:**

*What are Emotions? What are Hormones? And how do Hormones affect our Emotions, and our Moods, from a quantum mechanical human perspective.*

### **2nd session:**

*What is the scientific and psychological aspect of thoughts? The relationship on a quantum level between our Thoughts and our Emotions and how they work together.*

### **3rd session:**

*How we manage our Thoughts, Emotions and Behaviours so that we are responsible and in charge of the choices we make and not other influences.*



**NAMAH**  
The Journal of Integral Health

**Workshop fee is ₹ 750.**

The fee is non-refundable

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### **REGISTRATION DETAILS**

**Google Meet session** : Link after Registration

**International payment** : <https://rzp.io/l/TpWTF0B> **Domestic payment** : <https://rzp.io/l/Arh15Nm1f>

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**Dr. Sangeeta Sahi** is an Integrative Medical Doctor and Anti-aging Consultant, who graduated from the Christian Medical College in India, and Whipps Cross Hospital, London, UK.



In addition, she received a Master of Business Administration (MBA) degree from ESSEC in Paris, France. Dr. Sahi is a pioneering medical physician who combines her formal medical training with a host of dynamic, complementary and alternative therapies in her practice of Integrative Medicine. She has created a specific programme for individuals experiencing cancer and autoimmune diseases, using her own particular integrated approach. This programme is called Conscious Cancer.

Her research has led her to further studies of the quantum energetic effects of the human DNA and the influence of these effects in the daily life of an individual.

Dr. Sangeeta further researched the effects of brain-waves on people's memories, learning abilities, and their super-sensory intuitive and healing skills. It became clear to her that each human being is a unique and complex integrated system of biochemistry, genetics, thoughts, emotions, and ultimately, Consciousness. She continued her work by incorporating the models of PNEI (PsychoNeuroEndocrinolmmunology – the effects of thoughts on the nervous, endocrine and immune systems of the body) and Epigenetics (the study of changes in organisms caused by modification of genetic expression, rather than alteration of the genetic code), combined with nutritional therapy. With this knowledge, she created a customised Antiaging programme for her individual patients.

As well as being a Medical Doctor, she is also a specialist in the fields of anti-aging, biophysics and electromagnetic resonance system.

She has delivered talks at the Delhi Sri Aurobindo Ashram International School and at the Hall of Harmony, SAICE, Pondicherry. To listen to her talk click here:

<https://drsangeetasahi.com/wp-content/themes/Avada-Child-Theme/Avada-Child-Theme/audio/course/from-olddsite/dr-sangeeta-sahi-07-jan-2015.mp3>

<https://drsangeetasahi.com/how-i-can-help/genuine-human-being/www.genuinehumanbeing.com>

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