



**NAMAH, the Journal of Integral Health, invites you to an event:**

**DEALING WITH EMOTIONS 13-14<sup>th</sup> August, 2019**

**Emotions are powerhouses of nature. Refined and purified, they can push us tremendously forward. But if unregulated and left crude, they are like the fire that can bring down the house where it burns. Rightly nurtured and harnessed, they can open the doors of joy and beatitude for us. Wrongly used, they can be the source of much suffering and pain. Can we truly claim to be in charge of our emotions? We are never taught how to handle this tremendous energy, let alone how to purify and transform it. But there is a consciousness-based approach which is both dynamic and integral in both its effects and implications.**

**This workshop aims to touch upon some of the relevant and important issues related to our emotional parts of nature such as:**

- **Dealing with negative emotions such as anger, depression, fear and hate.**
- **Cultivating positive emotions such as forgiveness, compassion, love and trust.**
- **Refining our emotional being.**
- **Purifying and uplifting emotions.**
- **Transforming our emotional parts of nature.**

**Venue: Society Hall, Beach Office, Pondicherry. For details please contact James at (0413) 2226263 / 7094898789 or e-mail: [james@namahjournal.com](mailto:james@namahjournal.com)**