

Consciousness approach to Management and Reversal of TYPE - 2 DIABETES:

an online workshop organised by **NAMAH**,
the Journal of Integral Health with

Dr. Yogesh Mohan

between **6-8 July**,
sessions at **5.00-6.30 pm**

Diabetes spreads worldwide and India produces the largest number of patients from this disease. One in five adults suffers from diabetes in this country. Diabetes is a non-communicable disease, affecting almost every major body organ. It is responsible for huge number of avoidable deaths, blindness, amputations, heart-disease, strokes, and kidney failures. Modern medicine offers no cure although there are many drugs that can control the disease. Diabetes-control requires strict diet - control, exercise and regular use of anti-diabetic drugs. Even with strict blood-sugar control with drugs, the incidence of complications due to longstanding diabetes is rather high.

We invite those with diabetes to explore their inner consciousness in a way to heal their body. We will primarily use inner consciousness approaches, along with conscious food and exercise, to restore the blood sugar metabolism, and to heal the damage in the organs due to diabetes complications. The inner healing will be accompanied by an experience of an deep inner peace, joy and trust.



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The following topics will be covered during the 3 days:

- Changing our relationship with our body – listening, loving and respecting the body.
- Changing our relationship with food – a consciousness approach to food and nutrition.
- Changing our beliefs regards our body, health and disease.
- Learning to absorb energy from subtler universal sources.
- Healing the cells of the body and invoking love, peace and light.

This workshop will be the stimulus to begin your consciousness-journey towards inner healing. The complete reversal of disease-process requires a persistent change and radical shift in your inner approach to your body. Each body is unique and responds in its own way. The changes in the body may take a few days / weeks to manifest depending on the body's receptivity.

The workshop sessions will be highly experiential. Healing is not an intellectual issue for discussion or theory, but rather an intimate personal experience. Since the event is online, participants are requested to actively participate and completely immerse themselves in the workshop sessions. In fact, the sessions can be a deeply healing experience in themselves.

Dr. Yogesh brings the essence of more than two decade of his healing experience into this workshop. Over the years, he has evolved various inner approaches which greatly facilitate the healing process. These approaches are simple, practical and highly effective.

REGISTRATION LINKS

Indian Nationals : <https://rzp.io/l/XCDv0z26h>

Foreign Nationals : https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=6FFYFNCUSQBE

REGISTRATION DETAILS

Workshop fee is Rs. 1,600

Overseas: US \$ 25

The fee is non-refundable

For Bank Transfer

Account : NAMAHA

Account no : 1235498160

Type : Savings

Bank : Central Bank of India

IFSC : CBIN0281354

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