

CHANGE YOUR LIFE

THE ONE THING THAT BINDS ALL THE FACILITATORS WHO WILL BE HOLDING WORKSHOPS AT THE LP EXPO, IS THEIR POWERFUL INTENTION TO HELP YOU MAKE A QUANTUM LEAP IN YOUR WELL-BEING

by Jamuna Rangachari

NEWTON KONDAVETI: LOOK INTO YOUR PAST

On reaching the life that caused the basic problem in the right ankle, I saw that as a young Brahmin boy, I died hitting my right ankle at the bottom of a pool. As a soul when I watched that body, I could see the concussion on the ankle and the porous structure of the bone. After healing that injury, when I came back to the present, the pain was gone!" says Prof Beena Rani Goel, anaesthesiologist, Bangalore, who attended a workshop with Dr Newton.



Why does one want to know about one's past life? Surely, it is

to unlock the key of our mind and gain clarity of mind. Dr Newton believes that we reincarnate for various reasons.

To learn lessons: Doing it properly is the key to our spiritual growth and eventual freedom from the cycle of birth and death. Our spiritual growth depends on how well we learn our lessons.

To have fun: There is no limit to the beauty of creation. Even our creative abilities are limitless. There are infinite ways of expressing the beauty of creation. There are also infinite ways of expressing our creativity.

To teach: After the soul has learnt all the lessons required to be learnt, it does not have to reincarnate. However, such a soul may choose to reincarnate to help in the evolution of the other souls who are still caught in the cycle of birth and death. Such souls work for creating a shift in the consciousness of the people on earth.

Dr Newton is a medical doctor who has specialised in past-life regression therapy and holistic therapy. He has assisted thousands of people in discovering their past lives and attaining self-mastery and has also conducted more than 10,000 past life regressions and progressions (in both group and individual sessions).

SOMESH CHADDHA: USING LANGUAGE EFFECTIVELY

Learning NLP was a blessed choice for me as I learnt how to meaningfully play with language. Apart from NLP language patterns, it provides you the basic model of when, where and how we create our models of the world, which then become the basis for deep change in the clients," says Tareeta Arora, a counselling psychologist

employed with Steel Authority of India who has attended Dr Somesh Chaddha's workshop,

In this workshop, Dr Chaddha will be focusing on two key aspects of NLP – the nervous system and linguistics.

It is well known that a turbulent state of mind and intense positive or negative emotions impact the

behaviour and the performance of an individual. When a person is in the grip of an intense negative emotion or even positive emotion, he or she cannot focus on the work in hand which results often in poor performance and inappropriate behaviour.

In the workshop, participants will learn techniques for taking

charge of their emotions quickly, by learning to remove negative emotions as well as to generate positive functional emotions, which can support desired behaviours and achievement of goals.

NLP believes that language is the result of the inner experience of the individual and at the same time, language influences and/or generates that experience. Therefore using language consciously is a powerful way of influ-



encing behaviour and taking charge of one's life.

Dr Chaddha's aim has always been to convert esoteric and abstract knowledge into simple

techniques and skills, which people can use to improve the emotional quality of their living. Hence, by experiential exercises at the Expo he will help people to develop insights and awareness and get necessary tools and skills to help themselves and others.

He has learnt NLP from Dr John Grinder, Dr Richard Bandler, Dr Robert Dilts (all co-developers of NLP), and Time-line therapy from Dr Tad James.

MAA GYAN SUVEERA: SELF-HEALING IS THE MANTRA

My experience with Maa was absolutely fabulous. I had been searching for a simple yet powerful way to meditate and am joyous at having discovered it," says Hema Subramaniam from Mumbai, who recently attended a workshop in Rishikesh. "The most mysterious and difficult things were taught in a most simple, understandable, and loving way," says Sonia Gandhi from Australia.



Most of us would love to be our own physicians. People like to know about their own health and the necessary precautions to maintain a state of overall well-being.

Which is why Maa founded the CI Plus technique and conducts comprehensive workshops open to both individuals and corporate houses. Through this, she initiates participants on a direct meditation path and teach-

es the nuances of self-healing as well as healing others.

In her workshops, she teaches people how to

- Exploit their potential to the full and scale the greatest heights possible
- Gain clarity on defining personal, professional and spiritual

- goals
 - Cultivate richer and meaningful relationships at home, work and elsewhere
 - Focus on priorities, remain motivated and maintain overall balance
 - Master the art of listening to the body and lead a healthier life
 - Achieve success and enlightenment through cosmic awareness
 - Practice daily acts of kindness
- Stress reduction, higher efficiency levels, optimum physical condition, improved relationships and overall well-being are just a few of the benefits derived from her workshops, as vouched for by participants from all over the world.

ANIL BHATNAGAR: RELATIONSHIPS – DUST THE BULB

I would like to say that I am a totally transformed person, now," says Geeta Singh, from Delhi, after attending one of Anil Bhatnagar's

workshops. He will be conducting a workshop on handling relationships. "The major purpose for incarnating on earth is to learn to relate to oth-

ers," says Anil Bhatnagar. "Others are a mirror to you for they help reveal your qualities." In a beautiful analogy, he likens us to a bulb. "A

bulb covers and contains the filament. The soul is the filament and the bulb is the body. The filament always burns purely, but the bulb has the tendency to gather dust, which stops the light from emerging.” Most of our communication, he opines, is at the level of dust to dust, not filament to filament. “It is image talking to image,” he says. No wonder we have trouble with relationships. At the workshop, Anil hopes to make us aware of the dust on our bulbs and



help us polish ourselves so the light can shine through. The workshop will discuss the following aspects of relationships:

- Why relationships are important
- The challenges relationships bring with them
- Five levels of relationship
- Transactions as units of relationships
- Styles of communication

- How relationships begin to die
 - How can we begin, maintain and grow highly fulfilling relationships
 - The power of appreciation and keeping our word
 - Managing conflicts
 - The Night review
- Anil is an IITian and a top-notch corporate trainer and a motivational speaker to over 50 leading private, multinational and public sector companies and a visiting faculty to several management institutes.

GL SAMPOORNA: HEAL YOUR LIFE

GL Sampoorna uses the twin themes of positive intention and radical forgiveness with sound healing, movement, art, imagery, and psychological processes to clear the past, and transform blocked energy to create healing. This Chennai-based psychologist and workshop trainer's forte is a psycho-spiritual outlook with a metaphysical perspective that focuses on wellness of the body, mind, and soul.

Typically, her methods are unique. She applies conventional methods such as psychology, meditation, physical exercise, contemporary methods such as art, music, dance, drama, visualisation, nutri-



tion; with innovative methods such as gardening, play, and laughter.

Participants enjoy and unwind freely in the process taking a firm step to feeling better about themselves and life in general.

She is the founder of Oneiric, a centre for psychological assistance and life skills development that focuses on wellness of the body, mind, and soul, creating holistic

personal growth, enabling people to connect to their inner self and lead fulfilled lives. With a vision to empowering people to reach their true potential, Sampoorna has worked with over 20,000 clients across the world.

With a formal education in applied psychology, Sampoorna has developed core techniques that have evolved through firsthand interaction with her clients over two decades. Wrapping this core is the expert knowledge from well-established leaders such as Louise Hay, Dick McHugh (Antony De Mello's Sadhana Institute), vipasana meditation and others.

MA SADHANA: LIVING IN A MEDITATIVE STATE

Today, people don't have time to meditate because traditionally meditation is understood as leaving the world and retiring into

the forest. The modern man can't do it, and at the same time is in great need of it.

One of Osho's unique contribu-

tions to mysticism is his recognition that the modern mind needs active tools to silence it. With Ma Sadhana, you can learn many tools

like breathing, listening, centring, throwing out tensions, and cultivating inner silence in activity. Osho's Dynamic Meditation, is a powerful way of releasing inner tension and sinking into a reposeful calm.



Ma Sadhana is an Osho meditator who lives in the Osho International Meditation Resort, Pune. She is a member of the management team, and looks after press and public

One only needs to be aware that meditation is not doing, it is being aware of what you do. In fact small acts like walking, climbing stairs, booting the computer, watching TV can be turned into meditation.

relations of the meditation resort and also writes columns in many English and Hindi newspapers.

She facilitates Osho meditation workshops in OSO Multiversity and travels all over the world, sharing her meditations with people.

FATHER PRASHANT OLELEKAR: OPENING UP TO YOUR BODY'S WISDOM

Stumbling upon it by chance, Father Prashant Olelekar found the path he needed to follow in InterPlay. InterPlay, in a nutshell, is a holistic spiritual practice to unlock the body wisdom. It opens the doors and windows and shutters of our bodies to the wonders within as well as in the rest of humanity and God's creation. Fr Prashant, a Jesuit priest based at the Retreat House, Bandra, Mumbai, learnt this technique while studying Integrated Spirituality at Berkeley, California, in 2004.



we gain access to our own body wisdom, what works best for us, and what gives our life passion and purpose. Improvised movement is a major part of InterPlay. It begins with simple body movements and

proceeds step-by-step to give greater expression to the energy locked up within. It is an art form that fuses body, mind and spirit into one harmonious whole. The emotional, intellectual, psychological, spiritual energies are unified and transformed into a creative force for personal, interpersonal, structural and cosmic peace.

Through powerful, practical ideas and a system of simple practices rooted in movement, storytelling, song and stillness,

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Workshop Schedule:

Law Of Attraction:

Pune: 14 March, 2010
New Delhi: 28 March, 2010
Mumbai: 18 April, 2010
Bangalore: 25 April, 2010
Delhi: **Trainer's Training: 11-13 May**
Silva UltraMind ESP:
Mumbai: 27-28 March, 2010
New Delhi: 10-11 April, 2010
Bangalore: 29-30 May, 2010
Delhi: **Trainer's Training: August**

Both the workshops will be given by world renowned trainer from The Netherlands,

"Anneke Riewald"

Note: There are limited seats, so act fast to book your seat now!

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