

FINDING YOUR INNER BALANCE IN DAILY LIFE USING YOUR HEART INTELLIGENCE



Synopsis

This is an **Emotional Healing** introductory workshop which focuses on Emotional Wellness and includes the **7 Steps** on your journey towards **finding your centre and freedom from suffering**. The workshop is composed of theory and practice, with **simple and effective techniques** for **daily life situations**. The emphasis is on guiding and directly pointing people towards their **fundamental nature**, the **knowing** that is **always present**, so we can live in **loving peace** with ourselves and others; free of the psychological and emotional baggage we otherwise keep carrying for a long time.



Learning Outcomes:

1. Learn to express feelings and connect to emotional needs
2. Understand the connection between emotions and beliefs
3. Become aware of unconscious patterns
4. Release blocked emotions and energies
5. Heal inner child wounds
6. Discover self-acceptance and love
7. Live freely from the knowing of our true nature



About Speaker:

Ragi Kadirgamar is of Eurasian decent and has lived half his life in Asia and Europe. He is now based in Portugal and draws on over 15 years of sharing with people in 15 countries; of his own experience of healing and spiritual awakening. Since 2005, he has been guiding spiritual seekers to the discovery of their true nature. Ragi, as he is fondly known, offers a series of satsangs, talks, workshops and retreats about Self-Discovery. He uses a combination of ancient wisdom from spiritual teachings combined with psychology and intuitive understanding to help people unmask themselves in an entertaining and interactive manner.



CANSURVIVE & ITS PURPOSE

Cansurvive is a support and information service for those who are challenged with cancer. Not just information and support, but a service that offers a greater awareness of the benefits of holistic, non-invasive cancer therapies, nutrition and diet, as well as orthodox treatments; what is available and where to access them. It is a window of light into the world of healing, where the word "**Terminal**" is a challenge, not a death sentence.



Date : Saturday, 7th March 2020
Time : 2:00 pm to 5:00 pm
Venue : Brickfields Asia College, PJ Campus, Block 2, Level 3, Manchester Hall VSQ@PJ City Centre, Jalan Utara Section 14, 46200 PJ.

REGISTRATION IS FREE

Please reserve your seats using the following options:

- ▶ Online via Eventbrite <https://www.eventbrite.com/e/finding-your-inner-balance-in-daily-life-using-your-heart-intelligence-tickets-90281762181>
- ▶ WhatsApp to **+6 011-1085 0602** with name, contact number and email

Organised by:

CANSURVIVE CENTRE MALAYSIA BERHAD (903023-M)
www.cansurvive.org.my FB: CanSurvive Malaysia

Registration starts at 1.30pm