



Seminar 1

Emotional Uplift
Journey

Rotterdam
July 2018

Program

Functional parts of human brain

Balancing our emotions is the key to optimal health

What are the seven emotions as in the traditional chakra psychology

Navigating the Surya and Chandra Nadis (Channels)

Factors that influence the emotional imbalance

(like prolonged stress , childhood trauma and abuse , anger , fear , grief and any kind of chronic pain.)

The link between Emotions and Health - Each internal organ is directly related to a particular emotion for example

Liver - Anger

Lung - Anxiety

Heart - Joy

Kidney - Fear

Vedas consider emotions as a major cause of disease

Promoting the release of stuck emotions

Change of lifestyle according to Doshas

Adjusting habits to promote Sleep - Yoga Nidra

Panchakarma (5 elemental balance)

Dinacharya (Routine and disciplined Life itself)

Bhakti Yoga (to uplift soul energy and happiness)