

## **FORGIVENESS ~ A PATH TO FREEDOM**

Forgiveness is a creative process which can change us from being prisoners of the past to liberated people at peace with our memories.

This experiential workshop includes gentle, powerful guidance on addressing and moving through forgiveness issues for oneself and others. Role-plays, imagery and cognitive processes are used to create a shift in perspective. Clear the past, transform blocked energy, increase awareness and open doors to inner freedom, soul peace and harmony in your life...a profound gift to yourself.

Effects are long-lasting and profound, with healing in all areas – health, finances, relationships, bringing peace to the soul and harmony to life.

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### ***WORKSHOP LEADER***

***G.L. Sampoorna** is a qualified psychologist and certified “Heal your life, achieve your dreams” workshop leader. She is also an NLP master practitioner, trained under Dr. Dick McHugh.*

*As founder of “Oneiric,” a center for psychological assistance and life skills development, she has provided training for the police, government and educational institutions, corporate sector and the public.*

*In her 27 years of experience, she has guided more than 20,000 people in their journey to personal growth, through counseling, training, meditation and mind coaching. Sampoorna is committed to helping people actualize their true potential.*

***For more information and registration please contact 98402 92523, or you can email [glsworkshops@yahoo.co.in](mailto:glsworkshops@yahoo.co.in) .***

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**Participation** – For anyone interested in profound personal growth and well-being.