

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