

Spiritual Transformation Program



Instructor Information

Instructor

Yama Mehry

Email

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Office Location & Hours

Gungahlin, 7am - 9pm Mon - Sun

General Information **Description**

Discover how to heal yourself through my guidance and how to apply what you have learned at home. What's great about this course is that you will have a free discovery session during which we will discuss your emotional state and the issues that brought you to this session. Plus, we will have a look at your goals. I will explain different types of therapies, tools, and practices, which are suitable to help you in your specific quest or recovery. At the end of the discovery session, you will be able to make an informed decision about how to proceed.

During this transformation program, you will go through Reiki levels one to three (prerequisites for level two and three will be discussed prior to joining the program), which will deepen the relationship with yourself so that you can improve your well-being and guide others towards freedom and happiness in their lives. You will learn to heal yourself and others, even across a distance

What is this course about?

Session One

Guided meditation: Learn the concept of mediation and understand through self-assessment where you are now at this point in your life.

Reiki Session - 1-hour Reiki session to align all energy centres.

Breathing exercise: Learn to deepen your breathing and to concentrate on an object for meditation purposes.

Session Two

Meditation on the Chakra Petal Bijas:

Using sound meditation, learn to express feelings and emotions that are stored within the energy centres in the body to reduce or eliminate stress eventually. Understand how specific emotions impact your health and behavior.

Session Three

Reiki Attunement based on the program you chose.

Attunement to Reiki Level One

Learning to connect with Spiritual Energy: Get attuned to Reiki and practice healing using your hands to reduce emotional pain.

Attunement to Reiki Level Two

Introduction to different components of Reiki Level Two, such as mantras and symbols.

Attunement to Reiki Level Three

Further introduction to mantras and symbols.

Learn the attunement process and how to attune others to Reiki.

Session Four

Breathing Exercises to release stored emotions:

Learn Pranayama (conscious breathing) techniques, such as alternate nostril breath.

30-min Reiki Session to align your energy centres.

Hypnotherapy - Target one specific area to work on.

Take on a hypnotic journey to reprogram the subconscious mind to drop self-limiting beliefs that create energy blockages.

Session Five

Continue your hypnotic journey to learn how the conscious and the subconscious mind work.

Deepen your understanding of what you have learnt in the previous two classes.

Reprogram your subconscious mind with positive thoughts and affirmations.

Boysen Body scan: Find imbalances in the energetic body and initiate healing

Session Six

Breathing Exercises to release stored emotions.

Guided meditation to open your heart to trust, love and compassion. Understand that you need to love yourself first before you can share love and compassion with others.

30-min Reiki Session to align your energy centres.

Additional Information and Resources

Homework - You will get practical exercises at the end of each session to repeat at home.