

GRATITUDE AND MANIFESTATION: A THETAHEALING WORKSHOP WITH YASMINE



The ThetaHealing Technique is a form of meditation and spiritual philosophy, not specified to one religion but accepting them all with the purpose of getting closer to the Creator. It is a training method for your mind, body and spirit that allows you to clear limiting beliefs and live life with positive thoughts, developing virtues in all that we do. Through meditation and prayer, the ThetaHealing Technique creates a positive lifestyle.

It teaches how to use one's own natural intuition, relying upon unconditional love of the "Creator Of All That Is" to do the actual work. By changing the brain wave cycle, the practitioner watches the "Creator Of All That Is" create instantaneous physical and emotional wellbeing. By practicing and learning ThetaHealing, each individual has the power to transform and positively influence their own life as well as others. The philosophy is to train and coach others how to achieve a better life through the essence of pure love.

When the brain is in theta state that's where the subconscious mind works the most. Theta is the state of mind where it is believed you can create everything and change reality instantly.

Join Yasmine for this 2-hour theta healing unconditional love meditation. You will be introduced to the concept of theta healing, and you will learn about the power of gratitude (past, present and future). Together we will prepare a gratitude list during the workshop. We will discuss blocks and how blocks can be removed with ThetaHealing. We will discuss the concept of manifestation, create our own manifestation list and make a small manifestation. The session will finish with a theta healing unconditional love and gratitude meditation.

🌿 **Date:** Friday 18 January
🌿 **Time:** 9am - 11am
🌿 **Investment:** AED 175

Book your place by emailing
info@bodytreestudio.com
02 443 4448 www.bodytreestudio.com

ThetaHealing benefits:

- Increases the ability to manifest
- Clears and releases negative emotions
- Elevates intuition
- Deeper spiritual connection and self-awareness
- Heals relationships
- Heals illnesses and Disease
- Heals addictions
- Increases energy
- Clears fear and resentment
- Reduces negative thinking
- Brings more clarity
- Attracts your most compatible soul mate
- Unlocks your true potential

