

Uncover and Manifest Your True Self



Week 3: THE TRANSFORMATIONAL OF POWER OF LOVE



Inner Smile Meditation

To restore, revitalize and heal



Series Outline

- ▶ Week 1 (Feb. 1): Know Yourself Beyond the Body
- ▶ Week 2 (Feb. 8): Tap into the Incredible Power of your Mind
- ▶ **Week 3 (Feb. 15): THE TRANSFORMATIONAL POWER OF LOVE**
- ▶ Week 4 (Feb. 22): Beyond aging - Revitalization, Restoration and Healing
- ▶ Week 5 (Mar. 1): Develop a Healthy Lifestyle
- ▶ Week 6 (Mar. 8): Conscious Co-Creation: Finding Joy on the Journey
- ▶ Week 7 (Mar. 15): Learn to Live Harmoniously with All of Life

Outline of Today's session

- ▶ Introduction
- ▶ The Power of love discussion
- ▶ Exercises to restore, revitalize and heal
- ▶ Meditation - Learn how to love
- ▶ Reflection & Wrap-up
- ▶ Next week...

LOVE IS AN ENERGY

Anahata chakra

Fourth chakra, Heart chakra



- ◆ **Location:** centre of the chest
- ◆ **Basic issues:** love, acceptance, compassion
- ◆ **Color:** green
- ◆ **Mantra:** Yam
- ◆ **If balanced you feel:** loving, empathetic, open-hearted, serenity, emotionally balanced, trustfulness, tolerance
- ◆ **If unbalanced you feel:** loneliness, demanding, critical, jealous, cold-hearted, narcissistic, heart and lung problems, asthma, allergies

LOVE IS POWERFUL



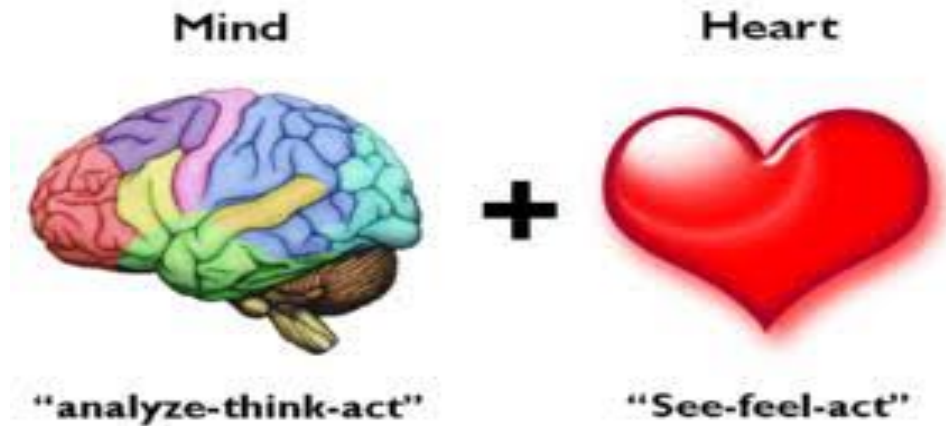
THE TROUBLE WITH LOVE



LOVE IS BLIND

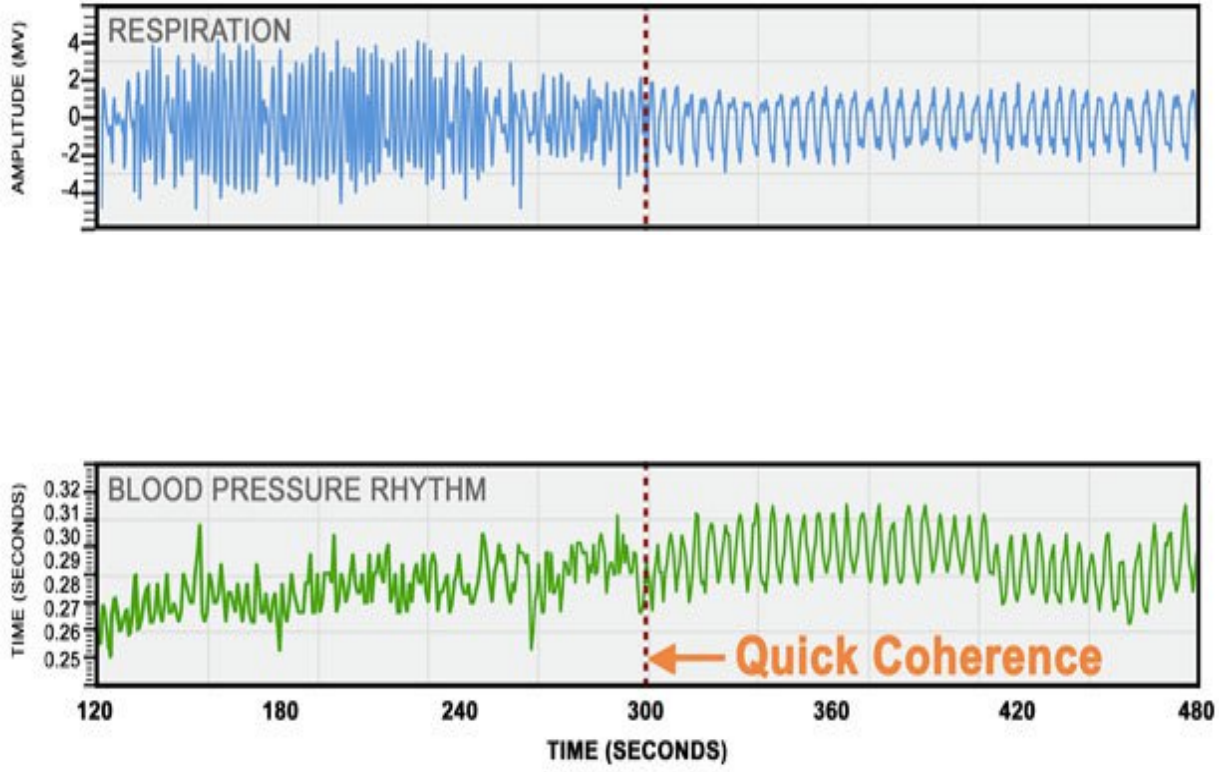
Finding Balance in life = Emotional Intelligence

► Heart Brain Connection



Not only does the heart respond to the brain, but the brain continuously responds to the heart

The Coherent State



Quick Coherence

Questions to consider before and after exercise:

- **How do you feel?**
- (tired, bored, sad, content, focused, loving)
- **How would you describe your mind?**
- (busy, a few thoughts, quiet, silent)
- **How would you describe your breath?**
- (shallow, short, deep, slow, limited)
- **Do a body scan: where is the mind drawn to?** Are you holding tension or pain?

What part does emotion play in exercise?

Feeling Joy of exercise will develop new patterns in heart resulting in feel good neurotransmitters

Happy Brain Chemicals

Re-wire Yourself to Turn Them on in New Ways

dopamine



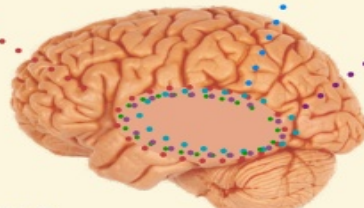
serotonin



endorphin



oxytocin



Exercises to revitalize, restore and heal using the power of the heart



- Quick Coherence
- Kundalini Yoga Fly Arms
- Reverse Warrior
- Qigong Heart Clearing Exercise

MEDITATION PRACTICE WITH SRI VASUDEVA

- ▶ **LEARN HOW TO LOVE**
- ▶ **Touching a deeper source within using a spiritual approach**

Wrap-up

► REFLECTION QUESTION

What is the Value of love in our lives? What happens when it is present? What happens when it is absent?

NEXT WEEK

Beyond aging - Revitalization,
Restoration and Healing

Based on ancient secrets and
modern insights