

# Short Course



## Instructor Information

### Instructor

Yama Mehry

### Email

yamamehry@spiritualcontentment.com

### 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 in your daily life. 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.

## What is this course about?

### Session One

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

Practise breathing and guided meditation.

Introduction to Hypnotherapy.

Learn how to meditate and self-induce a rapid relaxation state.

### Session Two

Attunement to Reiki Level One – Learn to give yourself healing.

### Session Three

Meditation on the Bija mantras where you will discover how sound can help you express your feelings and emotions that are stored in the body's energy centres and reduce or eliminate stress.

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## Session Four

Energy Manipulation - How do I seek energy from others?

Reflect and map out how a deeply ingrained relationship from your childhood is impacting on your life today.

Learn how to let go of it to create a shift in perception stop self-sabotaging.

Reiki Session - Align energy centres

## Additional Information and Resources

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