

# Open Heart

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## W O R K S H O P S

### Learn the Importance of the Heart

*The Key to Your Connection to the Source of Love and Light*

- realize the difference between heart and mind
- reduce stress
- enjoy more calmness, peacefulness, joyfulness
- strengthen your heart
- feel the love and light radiate from your heart
- clear negativities from your heart
- unburden your heart
- understand the true purpose of life
- pray from your heart
- be more grateful
- share the blessings of the Love and Light with others



## Being in the True Joy All the Time

### *Level 1*

**Level 1** gently guides you to be able to feel and understand your heart better, so you can feel calmness, peacefulness and joy every moment of your life. You will also learn to recognize the difference between the heart, brain, feelings and thoughts. Level 1 offers the opportunity to open your heart and to learn to rely on the blessings from the True Source of Love and Light.

### *Level 2*

**Level 2** strengthens your heart even more to help you learn how to surrender, cleanse and direct your heart even better to the True Source. You will be guided so your heart begins to recognize and realize more about the Love of the True Source, and begins to give answers to important questions.

**Location:** *The Lotus Centre – 45 Victoria Street, Hobart CBD*

**Next Workshop(s):** *Sat., 10 April 2010 (Level 1); & Sun 11<sup>th</sup> April 2010 (Level 2)*

**Date:** \_\_\_\_\_

**Time:** *Registration: 8.30 am  
Workshop: 9 to 5:30*

**Contact:** *For more information, please contact:  
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*Please visit [www.thelotuscentre.com.au](http://www.thelotuscentre.com.au) to learn more about your heart*