# SCIENCE of CONSCIOUSNESS

#### OPEN HOUSE

FRIDAY JUNE 9, 2017 6:30PM ONWARDS

- The solution to all problems of life exists in the realm of Consciousness.
- The family's karmic baggage can be identified and resolved through *Trans-Generational* healing.
- The Absolute Truths of existence are extremely simple and that is the way they are to be taught, understood and practiced.

#### About

Anuradha a.k.a Usha dedicated the last decade of her life to the field of Consciousness science, both as a personal consultant and as a teacher, trainer, and coach. She has been conducting several workshops and personal consultation sessions dealing with a wide range of modalities involving mindfulness, consciousness work and mind work in several countries across the globe including



Australia, United States of America, Philippines, United Kingdom, Saudi Arabia, United Arab Emirates, Bahrain, Lebanon, and in Switzerland.

Usha considers Seth, the non-physical energy personality channeled by Jane Roberts as the single largest influence in personal journey. It has molded her into a highly motivated, dedicated light-being who operates in the field of consciousness with ease. She believes 'Mindfulness' is the key to a happy fulfilled life-experience. Her approach is based on research and practice of mindfulness principles from several ancient texts and traditions

Through the practice of mindfulness, one explores his/her inner experience deeply and expresses it in a way that evokes the same in the other. The ability to create such a resonance is achieved by bringing into alignment the three levels of awareness within us – the greater aware mind, the individualized mind and the planning mind. Mindfulness results in a here and now experience of our whole self. It is also the enabler of self-mastery, wherein a person has deep and meaningful inner life as well as great accomplishment and excellence in outward action.

### COME TO THE OPEN HOUSE TO LEARN MORE ABOUT USHA AND HER PRACTICE!

#### Calendar

#### Contact Us

**OPEN HOUSE** 

FRIDAY JUNE 9, 2017

6:30 PM ONWARDS

COST: FREE

FOR RESERVATIONS: DIPU BHAKTA (562) 277-6375

FOR QUESTIONS:

SUSEELA CHOUDHARY

susichoudhary@gmail.com

## TRANS-GENERATIONAL HEALING WORKSHOP (2DAY)

**SATURDAY** JUNE 10-

**SUNDAY** JUNE 11, 2017

9:30 AM - 6:00 PM

PERSONAL HEALING-\$350

early bird discount: book before June 3 to get \$50 off

GENERAL HEALING-\$50 (PER DAY)

#### ONE on ONE HEALING

(by appointment)

COST: \$100