

Shanti Mission

A PATH TO PEACE

By Surya Krishna

Shanti Means Peace. A Shanti mission is a Peace mission. It is headed by Australian Guru Shakti Durga and is spreading all over the world. And it's right here in Kamloops!

The not-for-profit charity operates a wide-variety of projects and programs with the sole aim of creating an age of peace on earth: inner peace and peace between people. More about Shakti Durga and Shanti mission can be found at shaktidurga.com.

Surya Krishna and Avalokiteshvari have studied with Shakti Durga and her senior disciples and are now bringing the teachings and philosophy of Shanti Mission to Canada, starting in Kamloops. They offer energy healings called Ignite Your Spirit therapy, run meditations and facilitate workshops called the Path of Ease and Grace.

Energy healing: Ignite your Spirit therapy (IYS)

Ignite your spirit therapy is a no-touch energetic healing modality that works on the emotional, mental, physical, and the spiritual / energetic level and bodies to facilitate real and lasting change.

Your ignite your spirit therapist will discuss with you the area of your life you wish to change and assist you to facilitate/create that change by perceiving what is going on in your energy body (aura and chakras), releasing or removing the energy that is holding in place the thing that you wish to change, and then energizing what you would like to have, thus helping you to create the life you wish to live. For more info, check out www.youtube.com/watch?v=yjOjvfofDeE&feature=youtu.be

Meditations:

An easy to follow style of meditation (via positive), ideal for those with busy minds. Using a mixture of enjoyable chanting, guided visualizations, spoken releases, breath and body awareness, these meditations assist you to clear the physical, mental, emotional and spiritual body, removing any energy that is unhelpful, draining and no longer serving us.

Workshops: Path of Ease and Grace

The Path of Ease and Grace is a seminar series. Shakti Durga has created the Path of Ease and Grace (PoEG) seminar and book series to assist people to do exactly that: live a life of more ease and grace. The seminars are offered entirely by donation so that people of any means can attend. They are jam packed full of practical tools and techniques to create a more peaceful life. You'll also gain a strong understanding of your energy field, your spiritual nature and the divine, spiritual healing, manifesting and creating abundance, karma and the spiritual laws that are common to all religions and faiths on earth.

Surya Krishna has been studying with Shakti Durga in Shanti Mission for over 6 years and has been empowered to bring Shanti Mission and the teachings of Shakti Durga to Canada.

