

Empowering relationships Shanti Mission style

Advertorial

Shanti means peace. Sometimes one of the most challenging places to hold peace is in our closest relationships. When people are tired or when expectations are not met, we can get reactive, allowing pain to do the talking rather than using our inner wisdom to sort things out. Misunderstandings can turn into disputes, and if we lack skill or patience in dealing with these situations, simple things can turn into bitter conflicts, which escalate and engulf us.

When there is conflict in the air we feel it in our body, in our emotions and sometimes our minds are like a bolting horse, making it hard to focus calmly in the moment. There are some simple techniques to diffuse things, to shift harsh and disruptive energy quickly and cleanly, and to restore deep peace.

No matter who we are, we are going to have relationships. Most of us have no real training in how to be skillful in our interactions. No wonder it can be difficult.

We warmly invite you to participate in our empowering relationships seminars, where you will learn a raft of simple skills to enable you to be more loving, respectful and respected. As you change, so will your relationships. We have found over the years that our participants are able to transform even very challenging relationships with surprising ease and grace. Welcome to a whole new world of possibility.

Namaste, Shakti Durga: founder of Shanti Mission

Empowering Relationships 1 and 2 seminars.

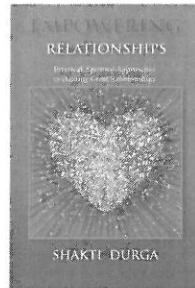
To register: www.shantimission.org

Shanti Mission

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Presenting: Empowering Relationships

Transform your relationships.
Turn around difficult relationships and make good ones even better.



When: Sat 4 & Sun 5 July;
or Tuesdays starting
4 August 10am - 3pm
over 4 weeks; or Sat 29
& Sun 30 Aug.

What: Learn tools and
meditations you can
practice any time to
transform and uplift
your relationships.



45 Kings Rd, Cooranbong NSW 2265 (1 hour north of Sydney). (02) 4977 3300
Bookings and other seminars www.shantimission.org | www.shaktidurga.com

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