

## Awakening the Dialogue of the Heart



This foundational seminar in our program invites participants to experience a dialogue of the heart from an applied spiritual scientific perspective. The heart is presented in a larger context as the principal organ of synthesis between cognition and feeling, intimately involved in the process of soul-personality fusion.

We will present a program of guided visualizations, multimedia presentations, meditative exercises, and a model of healthy relationships based on heart-centered communication.

Western medical and Eastern energetic approaches are integrated into down-to-earth applied practices from diverse medical and spiritual traditions.

### Topics to be discussed will include:

- *The heart as the center of the energetic body*
- *The chakra system and internal channels*
- *Stress, self-regulation, reframing*
- *Healthy diets, and physical energizing*
- *The effect of prayer, meditation and non-local distant healing interventions*
- *Heart centered relationship and communication*