# Moving Mind (to Inner Peace) Workshop

# Three meditations to direct changes toward fulfillment and peace

***Led by Suna Senman, LMSW, CSW, CTIM, CED***

June 5, 2013

6:30-8:30



The Khader Center

4 Smith Avenue, Mt. Kisco, NY

(914) 242-0124



Cost: $55

*Pre-registration required for this event*



**Change is a constant occurrence in life.**

*How do you direct change so that it aligns with fulfilling your aspirations?*

**Seasons change, the earth changes and our bodies change.**

*Your body changes from the food you eat, the movement you make and thought energies.*

**Move Your Mind to Unfold the Physical Expression that You Desire.**

**Workshop experience:**

Learn to direct conscious and unconscious thought.

Direct your transitions smoothly in this world of change.

Develop mindfulness and connection to your true identity.

Create a harmonious flow in your life – the experience of peace.





**Suna Senman LMSW, CSW, CTIM, CED** is a life transformation facilitator who specializes in wellness counseling, childhood development, peace education and diversity training. She blogs on topics for The Huffington Post and is the author of *Being: A Process.* Through her work, Suna helps people expand their sense of self, release their illusion of separation, develop nurturing partnerships and consciously design a harmonious life path. For more information about Suna and her work, visit **www.SunaSenman.com.**

# Moving Mind (to Inner Peace) Workshop Outline

**June 5, 2013**

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**www.SunaSenman.com**

1. Introduction
   1. Unpleasant realities of transitions –
      1. Physical and emotional pains
      2. Unfamiliarity can create confusion and fear of unknown
   2. Scientific evidence of alchemy in individual, life, society and world:
      1. Anita Moorjani.
      2. Gregg Braden.
      3. 99 monkey syndrome.
      4. Hawaiian psychologist.
      5. Heartmath.
2. Three meditations:
   1. Healing code points : release negative energy bring in light love and life energy
   2. Tyc this is my new moment and new beginning touch head down to heart. Imagine energy going into naval then to the lower abdomen and to root ( bottom of torso) through to the earth and back up to heart.
   3. EFT tap karate hands, between eyebrows, cheekbones, breastbone and side. Saying, “I am open to a richer fuller life of integrity.”
3. Personal evaluation:
   1. List your qualities; What are your best assets?
   2. How do others describe you?
   3. How do you talk about yourself to yourself and others?
   4. What areas would you most like to improve?

Healing code exercise: Take one item that you would like to improve. Take note how much this area bothers you and give it a score from 1 (very little) to 10 (very much). Then while holding hands over points as guided, repeat “I pray to release any negative energies, thoughts or feelings associated \_\_\_\_\_\_\_\_ and I invite in the love, light and life of the Creator to heal me with 100 times greater energy.”

1. Relationship evaluation; List your support
   1. Who do you turn to to discuss relationship issues with?
   2. Who advises you with financial concerns?
   3. Who helps you with health issues?
   4. Who are your friends?
   5. List the people in your family.
   6. How strongly do you feel supported?
   7. How often do you feel alone?

EFT –

1. Relationship with life
   1. Do you feel anything blocking you from fully enjoying life?
   2. What areas have you developed over the last 3 years?
   3. True you connect
2. Repeat all three exercises.