



## **Reflexion Enlightenment Coaching**

These sessions are particularly suitable for those:

- who are at a point of transition in their life or experiencing a big life change.
- who have a sense that there is something more to their life that they have not yet explored
- who are just interested in a feeling a deeper sense of relaxation and release from the constant stream of thoughts that we all have.

These sessions incorporate the process of Samarpan meditation for the first 30 minutes of each session. [www.samarpanmeditation.org](http://www.samarpanmeditation.org)

### **Samarpan Meditation**

is a simple way of Meditation which connects us with Universal Consciousness and is taught by His Holiness Shree Shivkrupanand Swami, a living Divine Master from India.

### **Benefits of Samarpan Meditation**

Regular meditation brings about complete balance in an individual

At physical Level : As your level of meditation improves the level of immunity increases in your healthy body.

At Mental Level : It leads to freedom from mental problems like stress, fears, worries, feelings of guilt and depression.

At Social Level : You gain satisfaction, peace and joy in your life and can work in a fully balanced state and be successful.

At Spiritual Level : Through meditation you achieve a state of thoughtlessness.

Clients are expected to book a minimum of 3 x 1.5 hour sessions and meditate daily on their own between the sessions.

The meditation is free of charge, the coaching session which follows it will be charged for.

These sessions can be face to face or over the phone.