THE HEALING POWER OF SILENCE

Nithyanandam!

Welcome to this beautiful session of Healing Power of Silence.

This Hand-Out is to help you self-evaluate and place awareness on that part of yourself that we normally miss during the grind of daily life. This will help you monitor and understand your inner self and inner mechanism that is happening within you.

1. Please write your intention for today’s session – what are you trying to achieve from this session? If you have not thought of it till now, take a few moments to jot down what you want from this session and what you want in life.
2. Please write down, as much as possible, all your emotions and thoughts running through your mind BEFORE start of the session.
3. Now, jot what you felt during the healing:
	1. what was the speed of thoughts running through you?
	2. how did you feel during the session itself - calmer, peaceful, blissful, pain, sad memory. please write down what feelings came through you

1. After the session, how to you feel?
	1. Better than when you started
	2. No change
	3. Some lightness, but not sure what changed
	4. Same as you started
2. Do you have any questions you wish to ask personally? You can write them down here for your reference.
3. If you wish to seek personal counselling, you can send an email to mentorship@nithyanandauniversity.org with the subject line ‘Personal Counselling Request’.

***Contact Us:***

*We would appreciate your feedback and If you wish to join more sessions or signup to be informed of more, contact us at* *UNFEGE@gmail.com**. You can also Join our FB Group –* *HEALING SILENCE* *to interact and have your questions answered and find healing solution for life situations and problems in the area of health, wealth and relationship*.