



Heal Your Life® 5-week Online Course

a pathway to personal freedom



To heal is to become whole again.

**“If we are willing
to do the mental work,
almost anything
can be healed.”**

Louise L Hay

Heal Your Life® Online Learning Portal

Self Paced Journey to Self Love

www.hyljourney.com

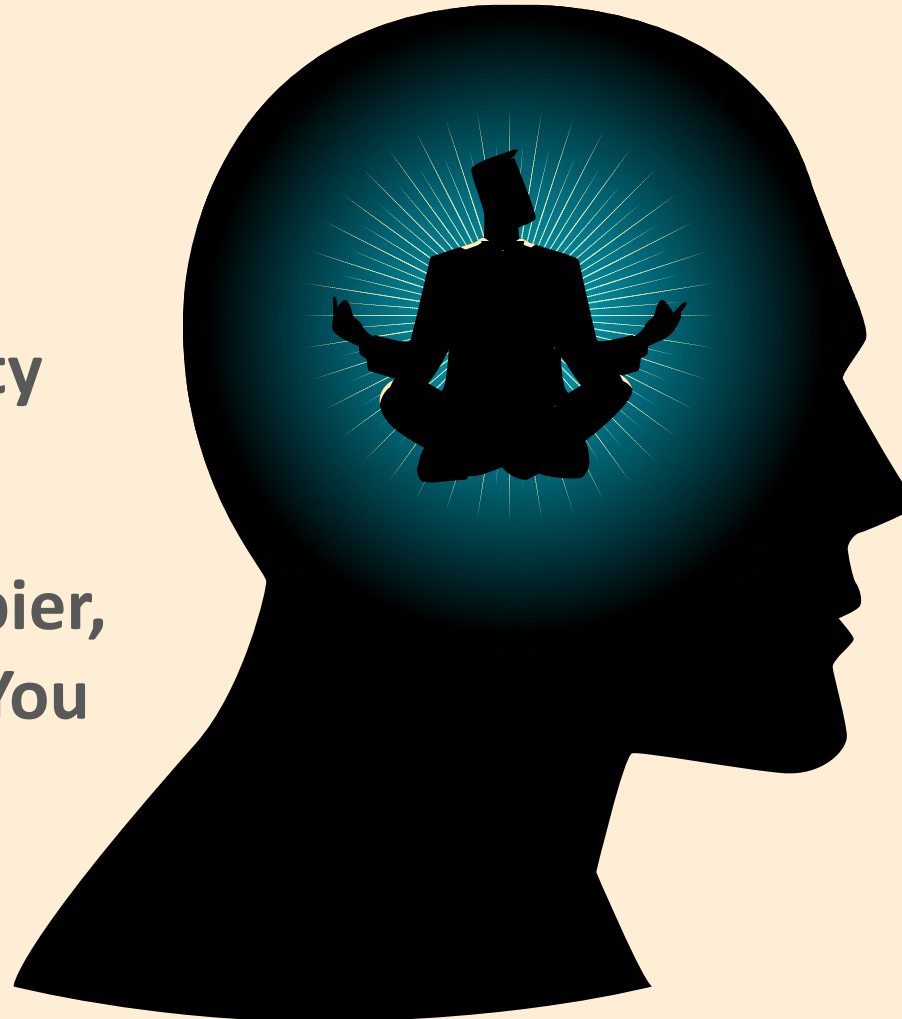


Experience Amazing Insights & Shifts

www.hyljourney.com

1. Greater
Energy,
Focus and Clarity

2. Healthier, Happier,
More Authentic You



3. Personal & Professional
Growth

4. Increased Life
Satisfaction

5. More Meaningful
Relationships



What Is It

Online Learning Portal

- This **5 – Week Online Course** is designed to give you an incredible experience of deepening your inner journey.
- Featuring world-class content, this portal ***offers you carefully crafted reflection exercises, videos, meditations, visualizations, affirmations,*** designed to create tremendous insights and shifts
- This interactive experience invites you to uncover and release, ***allowing you to welcome increased good*** on every level into your life!

Do you notice a stream of negative dialogue in your head, especially when you are stressed?

Do you get limited by your past experiences and failures?

Do you tend to depend on other people's approval?

Do you tend to focus on your weaknesses rather than strengths?

Do you feel like a victim of your circumstances?

Do You Really Love Yourself?



**CHANGE YOUR BELIEFS.
CHANGE YOUR LIFE.**



Journey To Self Love



Online Learning Portal

Designed to create powerful insights and shifts in the following areas :

- Raising Self Worth & Deservability
- Nurturing Love & Relationships
- Enjoying Prosperity
- Loving Your Body
- Honouring Boundaries

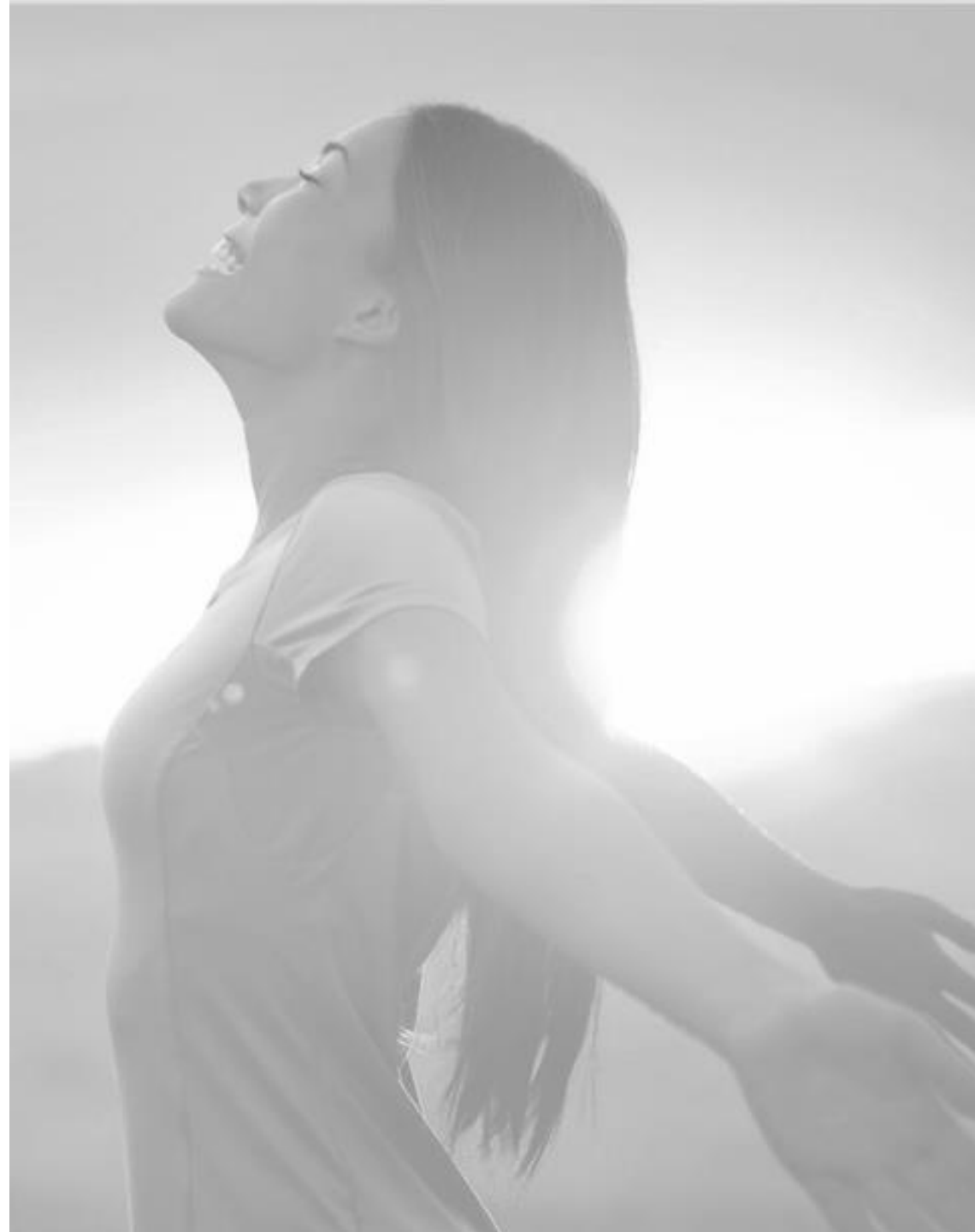
Deservability - Week 1

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Do you feel deserving enough?

This section includes:

- Exploring patterns & limiting beliefs around deservability
- Deservability Meditation by Dr. Patricia Crane
- Decide what you want
- Identify your current deservability level
- Create powerful affirmations



Love & Relationships - Week 2

www.hyljourney.com

Do you relate out of love or fear?

This section includes:

- Discovering patterns on love & relationships
- Explore judgements 'Us v/s Them'
- Releasing emotions
- Louise Hay's video on love
- Growing love- affirmations to loving relationships



Prosperity - Week 3

www.hyljourney.com

Do you have a scarcity or an abundant mindset ?

This section includes:

- Exploring patterns & experiences of prosperity
- Louise Hay's video on prosperity
- Do you engage in 'scarcity' thinking or do you have an 'abundance' mindset?
- Creating powerful prosperity affirmations
- Creating possibilities - A Treasure Map



Loving Your Body - Week 4

www.hyljourney.com

Do you believe you deserve good health?

This section includes:

- Powerful Healing Light Meditation by Rick Nichols
- Exploring family patterns of dis-ease
- Releasing limiting thoughts on health
- Louise Hay on Mind Body Connection
- Mind-Body Visualization- Listening to your body's messages
- Affirmations to great health



Honouring Boundaries - Week 5

www.hyljourney.com

Do you have trouble saying No?

This section includes:

- Do you have healthy boundaries? - A quick quiz
- Discovering boundaries
- What We Say Yes To - What We Say No To
defines our life
- Visualization & Affirmations for Healthy
Boundaries



Heal Your Life® Licensed Teacher's Support



- *All through the course, you are supported by a Heal Your Life® licensed teacher with weekly online group sessions. These sessions are about 60 to 90 minutes long.*
- *There are seven support sessions.*
- *The first session gives you an idea of Louise's philosophy and the course details.*
- *The next five sessions introduce you to the week's topic. During these sessions you could also get answers to your questions and seek clarifications.*
- *The last session is a closing session after you complete all 5 weeks.*

Register **Now!**

Contact:

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Omana Hirantara is a Certified and Licensed Heal Your Life® Workshop Leader, Heal Your Life® Coach, Heal Your Life® Heart Centered Business Trainer & Coach for the business world and Heal Your Life® Teen Trainer. She is also an ICF approved Certified Success Coach, Master Spirit Life Coach and Organization Development Coach. She is a licensed and certified Psycho-Geometrics® trainer. Omana co-founded Kaleidoscope in 1999 and continues to be the prime force behind it. Her passion is to facilitate learning through coaching, teaching and organizing.

All sessions and workshops led by Omana are filled with her passion, her unique skills and her experience of more than two decades in teaching and supporting participants in the areas of self-development and mind-body-life connection.

*Visit her page: facebook.com/learn.change.contribute
www.omanahirantara.com*



Kaleidoscope

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Visit www.kscope.in,

www.facebook.com/kaleidoscopehyderabad.

Library is open 10 am – 6:15 pm, Monday to Saturday.



www.louisehay.com



Heal Your Life® workshops, coaching and programs are based on the **philosophy of Louise L Hay**, the best-selling author of the book “***You Can Heal Your Life***”. In it, Louise explains how our beliefs and ideas about ourselves are often the cause of our emotional problems and physical maladies and how, by using certain tools, we can change our thinking and make our lives phenomenally better. Through Louise’s healing techniques and positive philosophy, millions all over the world have learned to create more of what they want in their lives—more happiness and more wellness in their bodies, minds, and spirits.



A peek into the philosophy Heal Your Life®:

- What we think about ourselves becomes true for us.
- Everyone is responsible for everything in their lives — the best and the worst.
- The thoughts we think and the words we speak create our experiences and our future.
- The Universe totally supports us in every thought we choose to think and believe.
- The point of power is always in the present moment.
- The only thing we are ever dealing with is a thought, and we have the power to change our thoughts.



Louise's key message:
**“When we are willing to do
the mental work,
almost anything can be healed.”**

www.louisehay.com



Heal Your Life® Programs

- Love Yourself, Heal Your Life®

A 2-full-days transformational workshop. (This is not an online workshop.)

- 10 weeks Heal Your Life® Study group
- Teen Self-Empowerment Play Shop (not online)
- 1-1 Coaching
- Managing with the Heart and Mind (not online)
A Heal Your Life® workshop for the business world
- Many half day and one day workshops of various topics



What are you waiting for?
The point of power is in the
present moment.
Take a leap! Register now!

Send a message to +91 9849747170
with your name, email and
contact number.

