

# Substance of our Body Heals

Healing by connecting to pure substance of body  
Discovering light, love, peace and sweetness within body

## KEY LEARNINGS

- Focusing on Natural Breath to communion with cells of body - follow its subtle guidance
- Go within travelling across the body - detect healthy and limiting parts
- Trusting our body's own ability to heal
- Allowing each part to access the pure substance that carries self-radiance, light and joy

30 minutes Online workshop  
six Wednesdays, starting  
July 5 2023 - August 9 2023  
7:30 pm - 8 pm CDT - USA

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six Thursday, starting  
July 6 2023 - August 10 2023  
6 am - 6:30 am IST - INDIA

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# Preparatory Practices To Connect to Pure Substance

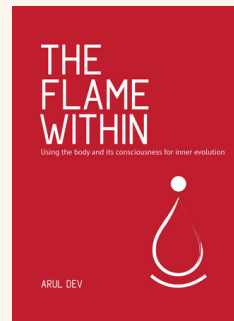
Watch your natural breath *flow* through the *density* of body

Move within the body sensorially

Move within the body materially

Our body absorbs energies from outside. Practice turning the body within to face the core substance and embrace it

In-depth practices are covered in  
The Flame Within book



ARUL DEV Author | Leader | Facilitator | Coach

Arul Dev has been exploring Transformation of Self since 1994. For 28 years what he discovered within himself he shared with others. His mission is to share with millions of people subtle process of body-mind-heart transformation.



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