

Imagine the effect of the destructive force of our subconscious mind as it unleashes itself in the form of self-sabotage and self-limiting beliefs in every aspect of our lives and relationships...every time we allow the incessant negative chatter within our heads, the message we continue to accept without ever challenging is that we are not “good enough” or that we simply cannot be happy “until...something happens or somebody changes or we become somebody else!”

And yet, there is another way.



“You are here to enable the Divine purpose of the Universe to unfold. That is how important You are”  
Eckhart Tolle

**BLISSFUL MANTRA**  
Freedom is a state of mind.

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## BLISSFUL MANTRA

STUDY GROUPS

PRIVATE COUNSELING

HEALING





**Nivedita Mehta** is an Emotional Wellbeing Counselor with a Postgraduate Degree in Psychology and a Masters in HR Management. She assists all her clients in the area of anxiety-related disorders and illnesses. She has studied and trained in various modalities encompassing energy healing including The Lifeline Technique and EFT (Emotional Freedom Technique).

She is a Certified Louise Hay “Heal Your Life” teacher and conducts private sessions based on the acclaimed metaphysical author’s philosophy.

Nivedita has had the wonderful privilege to work in diverse multicultural environments including Barcelona, Singapore, Hong Kong, Mumbai and currently Melbourne.

Every aspect of her work promotes a deeper self-awareness through the mind-body connection and inspires a more conscious lifestyle.

[www.blissfulmantra.com.au](http://www.blissfulmantra.com.au)

# FREE YOUR MIND FROM ALL LIMITING BELIEFS

Given the opportunity to create any day or any given moment the way you really want, would you ever choose to create painful physical symptoms, stress or anxiety? And if the answer is NEVER, but yet you are feeling the symptoms or experiencing the stress then naturally there is something within you that is reacting instead of choosing.

## THE LIFELINE TECHNIQUE \$130.00

A revolutionary healing modality encompassing the ancient and the very modern, this cutting edge technique is a combination of 14 different modalities including NLP, Ayurveda, Chakra Balancing, Chinese Meridians, Acupressure, Color Therapy, Aromatherapy, Sound Therapy. Developed by Dr Darren Weissman. ([www.drdarrenweissman](http://www.drdarrenweissman))

A Single Session runs for 90 minutes.



Dr Darren Weissman;  
Developer of The LifeLine Technique

## HEAL YOUR LIFE PHILOSOPHY

Study the internationally acclaimed philosophy of metaphysical author and teacher Louise Hay’s book which has sold more than 40 million copies worldwide in a one-on-one session. Learn and apply the principles of the mind-body connection and powerful releasing exercises to change your life in the direction you choose.

A single 1-hour sessions at \$85.00/per session

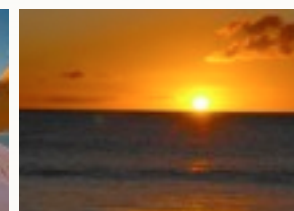


“Every thought I think is creating my future”  
Louise Hay

## EMOTIONAL FREEDOM TECHNIQUE (EFT) 135.00

If you are disconnected from any area of your life there is a good chance that you are not processing your emotions. This creates a resistance to the free flow of energy important in creating vitality and optimum health. EFT uses simple chinese acupuncture techniques (without the needles) to transform trapped emotions.

\*A single session will last 90 Minutes



I AM FULL SUPPORTED BY THE UNIVERSE