DECODING THE HEART, A NEW WAY TO INNER WISDOM by SUMUS HUMANITA









WHAT YOU WILL FIND IN THE WORKSHOP

Are you ready to discover the power of your heart? This workshop is a transformative journey for anyone who wants to change their life starting with themselves and rediscover inner and relational peace.

Main points of the workshop:

THE INTELLIGENCE OF THE HEART

Discover how the heart guides us in ways that the rational mind cannot comprehend.

FIVE SCIENTIFIC DISCOVERIES

Learn about the surprising properties of the heart and its impact on our daily lives.

BECOMING OBSERVERS OF OURSELVES

Learn the practice of the heart in 21 days to gain awareness and presence.

BREATHING WITH THE HEART

Techniques for centring yourself and connecting deeply with yourself.

THE CHAOS OF THE RATIONAL MIND

Explore the negative power of self-imposed subconscious commands and how they affect your life.

TRANSMUTING NEGATIVE COMMANDS

Discover how to use the power of intention to improve your life and regain control.

THE POWER OF THE QUANTUM HEART

Learn how the quantum heart can transform your reality.

YOU WILL LEAVE WITH

- The awareness of regaining your personal power through simple and effective methods. There will be demonstration exercises on connecting to the heart and a surprise gift for each participant!
- Join us for an experience that could change the way you live and relate to the world. We look forward to seeing you there!





