

Living in the Heart Space of Guru Ram Das



**Saturday
Sept. 18th
1:30 pm -
4:30 pm**

with
Navjot & Nina Berry

"Love is the totality of the self." -Yogi Bhaajan

Each of our eight chakras acts as a pathway through which we can expand our experience of the self, a self not limited to the physical body and mind, but rather that originates from and desires a relationship with the Infinite. As we open and clear each of these energetic pathways, we gain greater access to that infinite source of energy and expand our capacity for pure joy and happiness.

The Fourth or Heart Chakra is the center of love and compassion, and Guru Ram Das is the Guru most associated with these qualities. When we begin living in this heart space, when we shift from "me" to "we," then spiritual awakening can take place. This represents a movement from a smaller, contained existence, the world of "I, the individual" to the universe of the infinite. When we relate to the infinite, we become infinite. When we recognize and relate to the infinite in others, we have relationships that are not only mutually satisfying, but mutually expanding and transformative.

Guru literally translated means one who has moved from darkness to light. Join Navjot and Nina as they help you to expand your borders and begin to live in that light, bright, infinite heart space of Guru Ram Das.

**\$30/adv
\$35/day of**



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