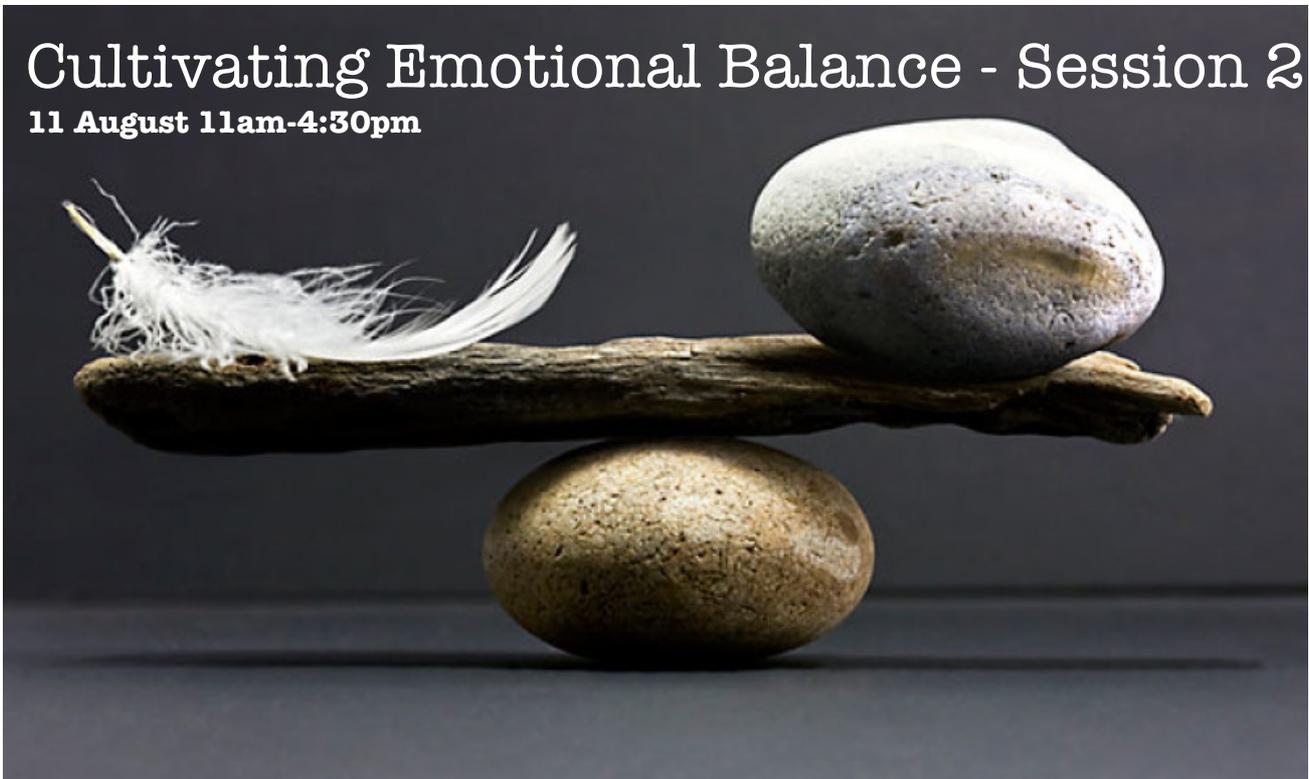


# Cultivating Emotional Balance - Session 2

11 August 11am-4:30pm



*Take control of your wellbeing and learn to understand your emotions*

Our emotions create richness in our life - they help us navigate our lives, discern what we need, and relate to others. Yet, overwhelming emotions can leave us feeling triggered, stressed, drained, disempowered from our own mental processes, and can result in fractured relationships with others. The information and training from this course will transform your emotional inner world, so you become a skilled 'emotional athlete' that is calm, present and positively engaged with others.

**Sat 11 August 11am-4:30pm:** *How does an emotion develop; dealing with anger & cultivating compassion*

Can you identify what 'triggers' you? How does anger feel in the body and mind? Do you regret your anger? Can anger be constructive? We will explore these questions and more.

The scientific psychological timeline of how an emotion manifests is sophisticated and gives insight to how our emotions play out. The conclusions drawn by scientist on how to influence the intensity and a reaction to our emotions can be enhanced through ancient contemplative techniques, that are practiced in CEB.

We will also explore the practice of compassion meditation and how it can assist us in healing from painful emotional episodes. Compassion can be defined as the feeling that arises in witnessing another's suffering and that motivates a subsequent desire to help. In some ways the effects of compassion are counterintuitive, as it might seem that focusing on suffering would create emotional fatigue or burnout. However, through careful observation it can be discovered that when we open our hearts to the experience of suffering there is a vitalising effect that compassion has upon our lives. This effect invariably comes as a result of refreshing our lives with a sense of purpose and meaning by taking the time to establish a heartfelt connection with those who are suffering.

During this session, and throughout the course, we will continually engage in meditation practices, in order fine tune the practice, just as we would to master any new skill.

*Note: You are required to attend or listen to part of session 1 in order to participate in subsequent sessions.*

## Cost

\$60 per session (\$50 members)

\$320 all sessions (\$260 members)



CULTIVATING EMOTIONAL BALANCE

*Bookings essential - [www.hayagriva.org.au](http://www.hayagriva.org.au) or [spc@hayagriva.org.au](mailto:spc@hayagriva.org.au)*

