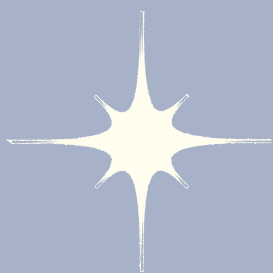




Harjit Khondhu



Connect to Your Inner Women

How to get in touch with yourself so that you never run from your relationship problems with adolescent child. That only make them harder to deal with. No matter how deep, dark, or strange your problems may be, handle them as best you can.

You will be so proud of yourself once you start attacking problems and finding solutions.



Harjit Khondhu

Hello, I'm Harjit, a spiritual teacher and healer, also mother to four adults, grandmother and have a fur baby Zeus (Tabby Cat).

Are you ready to get to connect with the your inner woman ?

I'm a guide to help woman like yourself let go of their emotional blocks, get clarity and be the truest you through movement and breath.

Many Blessing's Harjit





Harjit Khondhu

Have you ever felt you are so much more than your outer activity and current life seems to indicate?

Have you ever had the sense that inside of you somewhere is this great being of Light and power?

That you had a deeper purpose? If so, then you already have an awareness of the wonderful being of Light that you truly are - your Real/Higher Self!

By reconnecting with your Higher/True Self, you will experience more joy, happiness, peace and abundance!





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1. CONNECT WITH YOUR LOWER SELF-FIRST.

Before you can delve into such a sacred undertaking as connecting with your higher self, you must connect with your lower self.

We all share the same lower self and that is Mother Earth.

You cannot reach her via meditation but rather by being joyous, playful and truly becoming a kid again. You will know when you have made the connection because you will never feel safer or more exuberant than when that time comes.

If this first step isn't completed, the journey to connecting with the higher self becomes virtually impossible.





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2. FORGIVE YOURSELF AND OTHERS.

Do not hold on to the past. Realise that you don't
have to "forgive and forget".

You can still acknowledge that you or someone else
did something "wrong" while at the same time
forgiving.

Non-forgiveness binds you energetically to the other
person and your lower self/ego.





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3. SURRENDER.

One of the most important things we can do to reconnect with our Higher Self is to surrender - let go of that which causes us pain, suffering, unhappiness, and limitation. As long as we are primarily operating from our lower self/ego, we are unfortunately tying ourselves to those very things.

When negative emotions arise, the key is to immediately surrender them to God/the universal. If you find yourself reluctant to surrender something or find you are still revolving the same thing over and over along with the negative emotions, you need to ask yourself why - what is the payoff? What is the "juice" the lower self is feeding on?

("poor me", "look how I was wronged", etc.) Realise that whatever the ego is holding on to, it will continue to cause you grief and suffering until you are willing to surrender it completely! Remember - you have a choice - to continue to hold on to negative emotions and suffering - or to surrender them and as a result, find more happiness and peace in your life.





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Do you want to know more?
If Yes, then book a call in with me,
we will go through

- How to release trauma,
- How to "forgive and forget",
- How to develop and maintain a positive mindset!



Book a Call!