

■ Cleanse Body of Vices, Let Vital Energy Flow

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Hypnotherapist and reiki practitioner Surekha Kothari interacting with the audience

For the ladies gathered at the InKO centre, R A Puram it was a day of learning to let go of ego, anger and other vices that deter one's spiritual progress as independent hypnotherapy and reiki practitioner Surekha Kothari spoke on the topic 'Redefining identity' on Friday.

With presentations and insights on how the process of spiritual or karmic cleansing starts from eliminating the gross or the more obvious traits to the subtler ones, Kothari's lecture gave an insight into the spiritual journey towards redefining the way one is looked at.

Explaining how the journey starts by becoming aware of the body (visible), mind (semi-subtle) and the soul (subtle) and moves on to remove ignorance, attachment, hatred, ego and finally fear of death, Kothari said before pursuing the process of redefining identity, one needs to fulfill their karmic obligations. "There are also 24 aspects that don't stay with you when you die. Starting from the body to the ego, intelligence and the pranas (the breath), nothing stays," said the practitioner. Following the lecture, the members of the All Ladies League, Chennai Chapter had a session of meditation with Surekha explaining the process of relinquishing all traits, that need to go to change the identity. There was a question and answer session where the members clarified their doubts and shared their previous experiences as well.