

**“SPIRITUAL HEALING” TALK/SATSANG BY MR. RAGI KADIRGAMAR
HELD BY THE CENTRE FOR SPIRITUAL ADVANCEMENT
ON 22 APRIL 2017 FROM 9.00AM TO 5.00PM**

Registration started at 8.30am and the event started at 9.00 am. Morning tea break at 10.30am was provided after an interactive session.

Lunch was served at 1.00pm and all participants had a good time engaging in getting to know each other during the one hour break.



They were also advised by Mr. Ragi to sit quietly after lunch and try to speak to their inner voice and understand the message which the inner voice was trying to tell them. There was good participation among members and public and there was interactive sessions where the participants enjoyed the session by doing some meditation, breathing techniques, holding each other's hands and being in silence.

Question and answer sessions further enhanced the atmosphere of the event and Mr. Ragi was very precise and formidable when answering the participants' questions. Most of them attained what they needed to know about Spiritual Healing, especially when they were taught on the seven chakras in a human body and how to address each of them and the purposes in addressing it in the most uniform manner, so that maximum benefit can be obtained.



beneficial

One of the participant, who is also one of the senior members of The Pure Life Society, did his part by teaching all present, on proper breathing techniques and explained the benefits of doing such exercises.

The closing session consisted of one participant teaching some Qiqong techniques on healing body pain, a thanksgiving prayers and later all of them adjourned for some hi-tea.

Overall, it was a good and event.