

Universal Healing: Awakening the Heart of Humanity: Day 3 - February 3

This year to celebrate World Interfaith Harmony Week (2023) Charter for Compassion and the RISE Team - Religion, Interfaith and Spirituality for Everyone- have created a special experience for you: a daily offering of healing from different traditions of the world.

Day 3 – Solar Plexus Chakra with Jamal Rahman representing Islamic Sufi Traditions

Delving deeper into our emotions of joy and sorrows

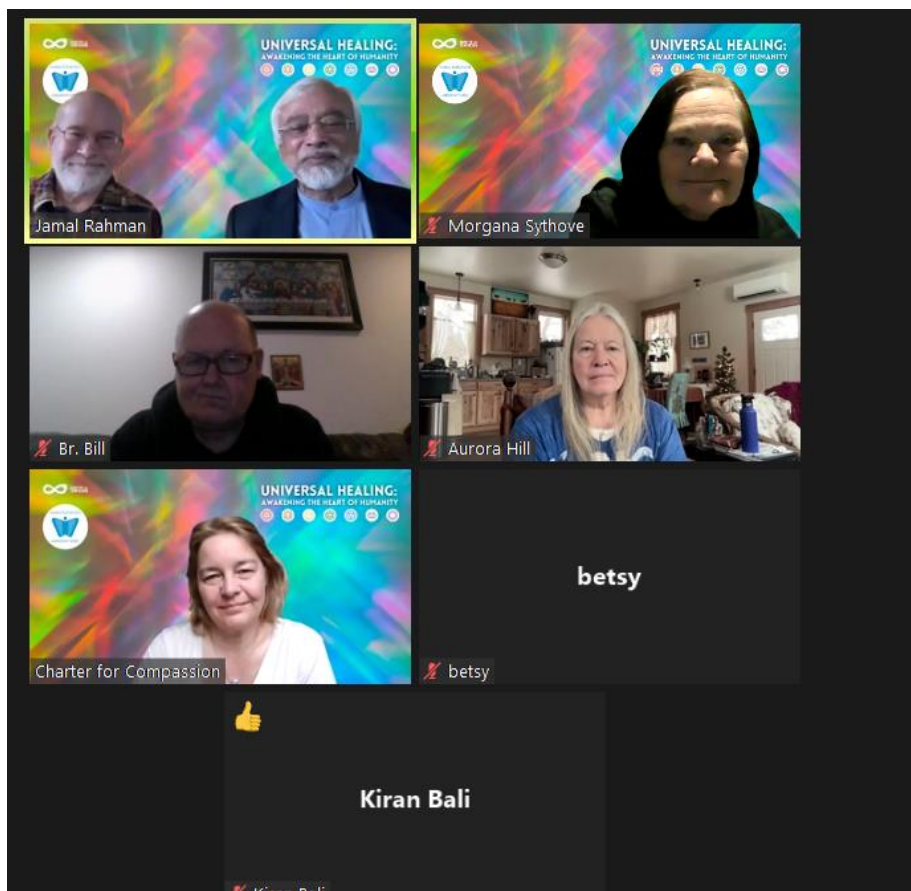
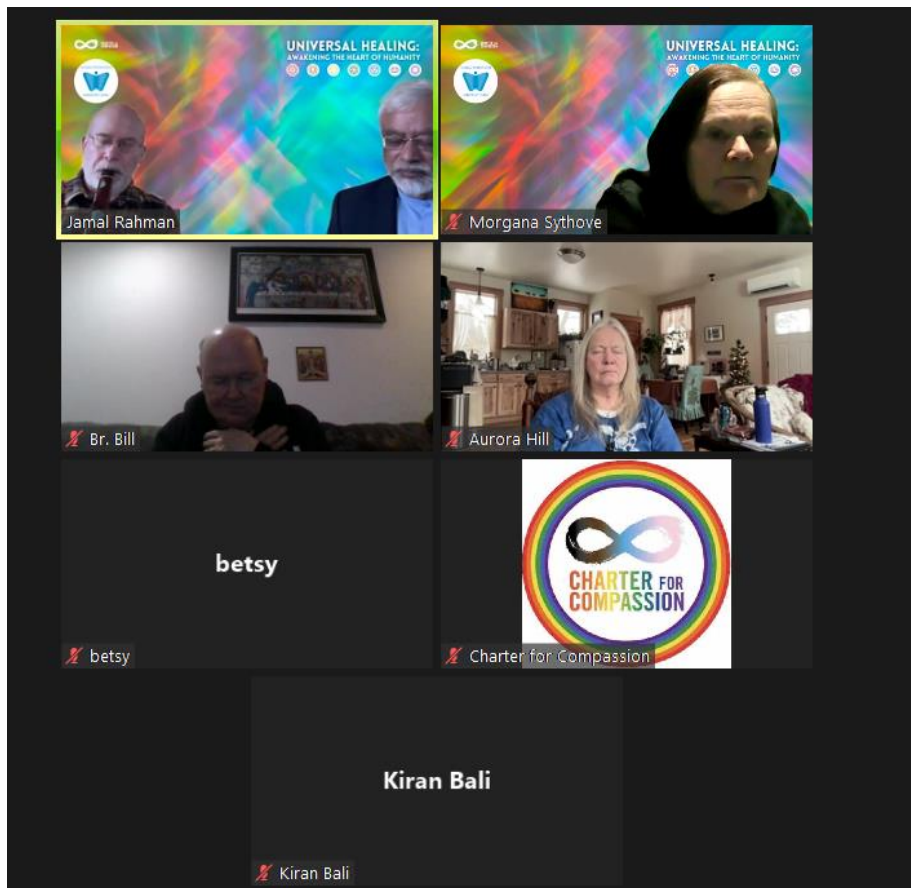
The third Chakra is the seat of our emotions. This Chakra can easily become congested and clenched because we tend to avoid and deny our difficult feelings. The abandoned feelings end up knotted and twisted in the area just above our navel- the third Chakra.

Through a Sufi practice called "Sacred Holding," we shall aspire, with mercy and gentleness, to acknowledge, heal and integrate the painful feelings. A transformation might occur: anger transmutes into inner vigor, fear into mindfulness, sadness into empathy.

We shall also explore the role of playfulness and laughter to soften the sharp edges of our wounded feelings.

YouTube recording of the Session: <https://youtu.be/vgqsW87mc4c>





Subject:Reminder: World Interfaith Harmony Week - February 1 to February 7, 2023, at 9am PT starts in 1 hour

Date: Thursday 3 Feb 2023 08:01:45 -0800

From:Charter for Compassion <contact@charterforcompassion.org>

Reply-To:Charter for Compassion <contact@charterforcompassion.org>

To:

This is a reminder that the World Interfaith Harmony Week - February 1 to February 7, 2023, at 9am PT starts in 1 hour!

Here's the Zoom link:

Join Zoom Meeting

<https://charterforcompassion.zoom.us/j/89804113364>

Please schedule the dates on your calendar:

Session 1 - Wednesday Feb 1 with Steve Kramer - Delving Deeper into our connection to Mother Earth - Root Chakra

Session 2 - Thursday Feb 2 with Merida McCarthy - Delving Deeper into our relationships and creativity - Sacral Chakra

Session 3 - Friday Feb 3 with Jamal Rahman - Delving deeper into our emotions - Solar Chakra

Session 4 - Saturday Feb 4 with Donna Mills - Delving Deeper into unconditional love - Heart Chakra

Session 5 - Sunday Feb 5 with Jan Chase & Richard Rose - Delving deeper into communication, breath and prayer - Throat Chakra

Session 6 - Monday Feb 6 with Kiran Bali - Delving Deeper into our knowledge, wisdom and intuition - Brow Chakra

Session 7 - Tuesday Feb 7 with Morgana Sythove & Donna Mills - Delving deeper into the Spiritual connection - Crown Chakra

You may check the time in your area here: <https://www.worldtimebuddy.com/>

We look forward to seeing you there!

RISE Team - Charter for Compassion