

“Giving Back Summit” - 2024



GURMUKH KAUR KHALSA



MOOJI



KAITA

A special event online to support the Pradiya Foundation's work in Nepal | Join hands & expand global consciousness, share love, evolve, give back, heal and bring healing to the planet collectively

29th & 30th AUGUST | REGISTER TODAY

www.pradiya.org

SCHEDULE | 29th & 30th AUGUST, 2024

DATE	PRESENTER	TIME	SHARING
29 th	MOOJI	3:00 PM LISBON TIME	Recorded Guidance followed by LIVE Satsang
30 th	KAITA	3:00 PM LISBON TIME	KIRTAN
30 th	GURMUKH KAUR KHALSA	3:30 PM LISBON TIME	WORKSHOP

29th AUGUST with MOOJI | 3:00 pm LISBON TIME

3:00 PM GUIDED CONTEMPLATION RECORDING :

Before the live Satsang with Mooji, we will listen to a recorded contemplation, where Mooji offers simple and profound pointers to true freedom. This contemplation guidance reveals a deep peace and clarity, guiding us to the direct recognition of our natural state of being.

3:30 LIVE SATSANG:

Mooji is a world renowned spiritual teacher in service to all who desire to awaken to their true and eternal nature. His loving presence, wisdom and guidance continue to help many people around the world who are in search of spiritual fulfilment, beyond the limitations of personal conditioning and self-image.

In open interactions called 'Satsang', seekers of Truth from all backgrounds and traditions are offered a direct path to true freedom and lasting happiness. Through strikingly simple and practical guidance's, Mooji reveals the inherent harmony, peace and joy of our original nature.

Many people share how their lives are deeply impacted after meeting Mooji. Through hearing and applying his message, a significant transformation, clarity and benefit is felt in their lives. Experiencing the fruit of his guidance, many find self-discovery very natural, accessible and attainable.

*'From your heart shines
the true light of this world.
Now discover this fully and guard
that the mind does not hide the Light.'
~ Mooji*

30th AUGUST with KAITA | 3:00 pm LISBON TIME

Kaita's journey into spirituality began in 2001 when she attended her first kirtan, which opened up a whole new world of community, travel, and personal growth. This transformative experience led her to study yoga in India and eventually to organize retreats. While volunteering in India, she met Oinak Singh, the founder of the Pradiya Foundation, in 2011. Inspired by her passion for personal development, Kaita went on to create a mantra chant and yoga festival in Milwaukee and established a large meditation group that combines guided meditation with live music. Devotional yoga is one of her greatest loves, and she is honoured to share this practice for such a beautiful cause. Earlier this year, Kaita also visited the Pradiya Foundation site in Nepal and continues to support their mission.

Kaita will be sharing a KIRTAN.

30th AUGUST with GURMUKH KAUR KHALSA | 3:30 pm LISBON TIME

Gurmukh, a prominent teacher of Kundalini Yoga and prenatal yoga, met Yogi Bhajan in 1970 and instantly recognized him as her spiritual guide. Her name, Gurmukh, means "one who helps thousands across the world ocean." In the 1980s, she and her husband established Yogi Bhajan's first yoga center in the U.S., followed by studios in Hollywood, New York City, and Santa Monica. Over 50 years, Gurmukh has trained many Kundalini Yoga and Khalsa Way teachers and authored two books: *Bountiful, Beautiful, Blissful* and *The Eight Human Talents*. She works closely with her husband, Gurushabd, and their daughter, Wahe Guru Kaur, teaching globally.

The Healing Power of Thunder Love!

Let us gather for Kundalini Yoga and Meditation. Join us in a fusion of power, grace, energy, and celebration! We have within ourselves the powerful energy of Creation. Your radiant connection to the depth of your Soul is a gift already established. You have only to remember. When we do not, we are highly insecure and highly exploited. Every person has the capacity to find security within the self. Leaning on outside environments and relationships to find security leads only to weakness and downfall. The ones who walk in nobility, finding their strength within their connection to the Divine, cannot be diverted from their own Grace and Power. Once that connection is firmly established, you have the ability

to beam your Radiant Body on any situation, uplifting and healing yourself and others. Break through

OTHER TIME ZONES

EVENT TIME (LISBON TIME)	PACIFIC TIME	CENTRAL TIME	INDIAN TIME	EASTERN TIME
3.00 PM LISBON TIME, Thursday 29th August	7:00 AM, Thursday	9:00 AM, Thursday	7:30 PM Thursday	10:00 AM Thursday
3:00 PM LISBON TIME, Thursday 30th August	7:00 AM, Thursday	9:00 AM, Thursday	7:30 PM Thursday	10:00 AM Thursday

PLEASE NOTE

All events will be held live on Zoom. After registration, you'll receive the link(s) to join via email within 12 hours.

100% of proceeds support the Pradiya Foundation's mission in Nepal. Pradiya Foundation is a registered 501(c)(3) nonprofit in the USA, and a registered nonprofit in Germany and Nepal. Donations are tax-deductible to the fullest extent allowed by law.

For assistance, please email us at contact@pradiya.org. For urgent requests, you can reach us via WhatsApp at +91 90128 55283

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