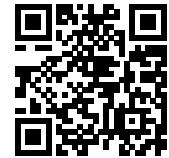


# Free Talk - Keeping My Heart Clean (03 GBP)



Location

**East of England, Hertfordshire**<https://www.freeadsz.co.uk/x-273240-z>

A clean heart feels light, expansive, loving, and easily connects to the heart of others. When we hold 'secret' rubbish such as jealousy, gossip, anger and competition in our hearts, it creates illness in our spirit. These anomalies in the corners of our consciousness need to be cleaned out with love and attention so that our inner light can shine. Speaker: Dr Kala Mistry works in the field of mental health and has been meditating for many years. Her interest in psychiatry lies in exploring the relationship between thoughts, feelings and health. In particular how spirituality can contribute to positive mental health. She conducts workshops and organises small-group events on the themes of self-empowerment, personal development and values. Registration required - contact: E: [email protected] T: 07957 457947 W: [www.brahmakumaris.org/uk](http://www.brahmakumaris.org/uk)

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