

It is your time.....

*Learn To Weather The Storms Of Karma
Become Anchored In Your Own True Nature*



CORE EMPOWERMENT **A Jnana Yoga Retreat**

*Release Yourself From The Vicious Cycle Of Ego Identification
& Karmic Delusion That Have Ruled This Planet For Eons*

Core Empowerment is a 5-Day Retreat inspired by the Jnana Yoga tradition and developed by Dr. Paula Horan. The purpose of Jnana Yoga, is to help you Realize The Freedom That You Are, by assisting you in experiencing your own true nature. Core Empowerment is devoted to cutting through ego identification and empowering you to realize your true nature which *is* freedom & awareness.

Core Empowerment shifts your view of life from that of a self consumed victim to the broad perspective of limitless awareness, simply experiencing what is, without the burden of identification. With this newfound ability to grasp the absolute view, you gain lasting peace and equanimity, And true power to fulfill your life's purpose.

January 17th - 22nd 2025

Sattvaa Wellness India (Prev. Hippie Paws Wellness), House No.142,
Junaswada, Mandrem, Goa 403527



You are the one you have been waiting for
You are the love & freedom you seek so deeply.

Why Core Empowerment?


Core Empowerment benefits all areas of your life, your career as well as your relationship with others. It also affects the way you take care of your health, and most important, the way you perceive yourself.

Core Empowerment provides a direct experience of your true nature, it opens your heart-mind to the source, to the awareness that flows through everything you think and do, as you learn to adapt to life's changes without any effort. Suffering ceases to affect you in the quite same way, peace follows you everywhere, differences dissolve and you live in awareness of your eternal glory, never forgetting what you really are.

To successfully live in this appearance of a dualistic world of polarity, and to learn to come out of the vicious cycle of ego identification and karmic delusion, a retreat like Core Empowerment is essential to facilitate the process of self realization. The highest benefit of the retreat is the glimpse it offers of absolute truth, which changes everything, as it provides an anchor to weather the storms of karma and consistently draw you back to your own true nature.

With Core Empowerment You Can...

- *See Through Your False Beliefs & Limitations*
- *Become Aware Of Your Projections & Negative Self Image*
- *Realize Your True Potential & Intuitive Wisdom*
- *Experience Clarity In Your Life Situation*
- *Reframe Your Life And Career*
- *Feel Harmony In Your Relationships*
- *Transcend Your Past*
- *Set A Clear Focus For Your Future*



"I have investigated and tried many different trainings and seminars around the globe for the last five years but have come across nothing that could compare with the astounding success in terms of boosting emotional intelligence and intellectual flexibility that the Core Empowerment Retreat can facilitate in its participants "

- Irene Speirs-Caskie, Aberdeen based management and human resource consultant.

Core Empowerment Experiences

"I am grateful for having the opportunity to participate in Core Empowerment. I can't thank Paula enough because she helped me deal with the self-denial and the pressure I have allowed myself to carry, put on me by my family and society for the last 30 years. I understand now that it was my own choice, albeit unconscious. Core Empowerment has deepened my awareness, and really awakened me to embrace my life and everything without resistance. From now on, I will accept the circumstances of my daily life full of love and joy. Thanks again."

Victor

"I have gratitude toward Paula for enabling me to feel the full blessing of the awareness that I am. It will never be forgotten. I was deeply moved by every moment of the retreat's unfolding. Thanks so much for the love & joy you have brought to my life."

Dorje

"Core Empowerment is a very powerful retreat. It helped me go through the contradictory conditions that I have been carrying for a long time. It used to be so difficult to detach from these patterns. Each day Paula guided us to go further inside ourselves. This gradually helped me face myself honestly and clearly. Through the vehicles used in the retreat, I saw my thoughts, patterns, ego's mind games, and finally what I really am. Freedom."

Mitna

Dear Paula:

"I feel I am lucky to activate my spiritual enlightenment with you. You have helped me see that I am only awareness and freedom. Since the Core Empowerment Retreat, I enjoy my inner smile and being still. Thank you! I'll always remember you and consciousness, existence and bliss." Best wishes to you!

With love.

Sonia Chen



"Today each one of us has our own challenge to call in the fragments of our lost awareness, distracted by lifetimes of identification with what really isn't so. Kali Yuga, this time of degeneration with all its difficulties and challenges, also provides us with a unique opportunity to wake up. May each one of us foster this intention for the benefit of all."
- Paula Horan

About the guide - Dr. Paula Horan

Dr. Paula (Laxmi Dechen Wangmo) Horan is an American psychologist who is known worldwide for her numerous books, seminars and retreats on authentic forms of vibrational medicine, integrative body/mind therapeutics and ground-breaking approaches to spirituality and non-dual awareness.

From 1992 through 1997, she spent much of her time with her spiritual master Shri H.W.L Poonjaji in India, who was a great Jnani or self-realized being. Quickened by his presence, Paula shifted her focus from self-improvement to the self-inquiry that awakens the quiet stillness of awakened presence. This inspired her to elicit the same joy and freedom in others.

Developing the vehicle of the Core Empowerment Retreat , she has had a worldwide impact. Paula's seminars and retreats on an expansive range of wellness subjects and on non- dual awareness are whole-heartedly received, due to her unique ability to communicate complicated concepts in a simple and easy manner. She is well known for her warmth, for her inspirational teaching style and her enduring smile, indicative of the joy she finds in sharing her knowledge which enliven and motivate her students to manifest the richness inherent in their lives.

Laxmi (as she is affectionately called) has appeared on Radio and TV shows in the US, Europe and India. In 1999 she received the Full Circle "Inner Flame Award" from former Prime Minister Shri Gujral for her contribution to disseminating alternative and complimentary methods of healing. The citation also commended her for her grace and grit in adversity.

To learn more about Paula's programs you can visit

www.drpaulahoran.com
www.karmacompletion.com



*In the Womb of a Tropical Forest.....
Take the journey of the revelation of 'I'
And come home to your own true nature.
Dare to Dive in the ocean of consciousness
And take back the pearl of Non Dual Awareness.*

A Five Day Jnana Yoga Retreat It Is Time To Realize Your True Nature

About The Retreat

At the core of the matter, there is no core to be empowered, for we are the vastness of the empowerment we all seek. Within us, yet hidden behind a gossamer, web like construction of interconnected thoughts, lives the realization that we are not separate, that we are the realization, the ultimate love that we all long for.

The revelation that we are that awareness which is all, which is behind all appearances of self-division, is the true empowerment. The Core Empowerment Retreat provides the matrix for this realization to manifest.

Core Empowerment is a one-of-a-kind process that combines the eastern perspective of non-duality with a western spirit of "can do". In the same way, it combines the best of eastern wisdom with the insights of western psychology. Ultimately, Core Empowerment uses the mind to go beyond the mind, to the realm of pure potential.

More than twenty years of results have proven that Core Empowerment can indeed point people to fully experiencing who or what they are, which is usually quite different from who they thought they were. The retreat has been lead in different countries since 1989 and hundreds of people have experienced life changing transformation during and after the retreat.

For most of the participants, this insight into their true nature comes as a great relief. They feel genuinely empowered. Moreover, they find that their attitude towards daily life changes dramatically and with that change, their life also shifts for the better.

"Self Realization has nothing to with realization of a self. It has to do with the realization of the illusion of ignorance."

Shri Ramana Maharshi



CORE EMPOWERMENT
A JNANA YOGA RETREAT

Core Empowerment takes us back on a journey of self-discovery, through the maze of self-images, emotions and memories, to the creative innocence of the wise. What is revealed is the person who is able to live life from Heart, whose senses become even more finely tuned to deal effortlessly with worldly matters when no longer impeded by preconceived notions.



What Happens In The Retreat

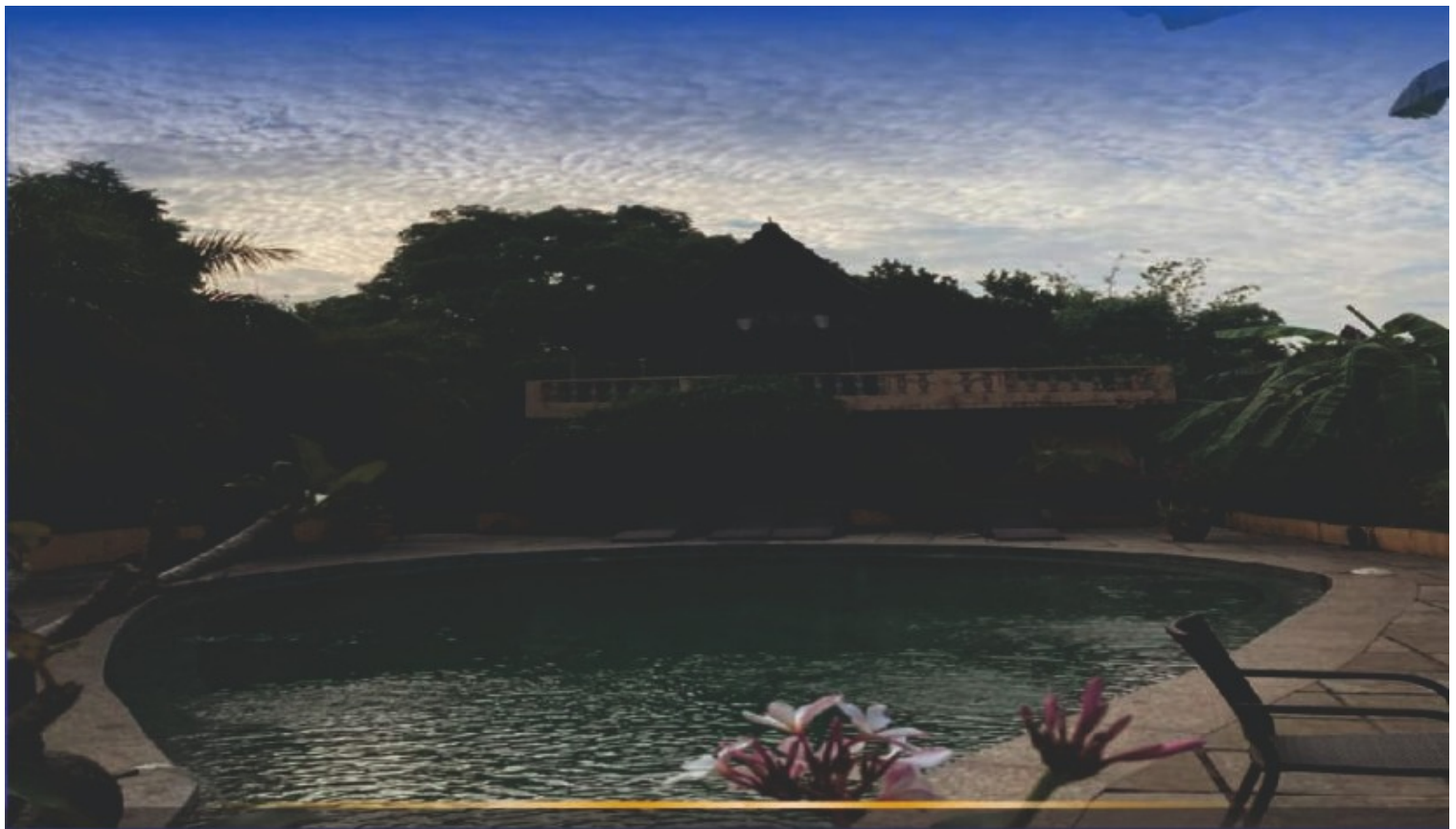
The first two days involve stimulating partner exercises which help clear the emotional charge of unconscious withheld memory, allowing us to be fully present and aware. During the last three days, the main exercise of the retreat is introduced and integrated. It allows the participants the opportunity to peel away the filters of memory that rob us of a mindful true presence and experience life as if for the first time.

For most of the participants, this insight into their true nature comes as a great relief. They feel genuinely empowered. Moreover, they find that their attitude towards daily life changes dramatically and with that change, their life also shifts for the better.

Many varied processes are introduced that help you get back into the driver's seat and to take charge when needed. At the same time they help you relax into your natural ability to let go, so that you can allow life to be your guide. The natural leadership qualities that arise, help you to seize the moment and make the appropriate decisions that are called for. The retreat assists you in dissolving the kinds of blocks, which otherwise hinder the unfolding of your own inherent creativity.

In The Retreat You'll Learn:

- *How to release the root cause of Emotional Blocks, and return to the present moment*
- *To see through your particular unconsciousness habits, the real cause for unhappiness*
- *To live from a broader perspective which opens you to the vastness of your being*
- *How to facilitate yourself in experiencing & maintaining conscious awareness*
- *To experience non dual awareness in worldly routine life*
- *To Cultivate Clear Perception by clearing the memory trap*
- *To live from the Intelligence of Heart which keeps us in equanimity*



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FOR REGISTRATION & DETAILS

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www.drpaulahoran.com
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