

# School of Happiness



**A**t a very early age playing in the Byzantines ruins of my hometown in Istanbul, I realised that I was born to be happy. But everything around me was indicating otherwise: military coups, a second place in society for girls, social obligations that implied outside appearances were more important than following your heart. I left Turkey after university and started my

## Can happiness be taught?

Yes, each day of our lives each of us makes a choice. We either choose to follow our mind and yield to its constant judgments, criticism, and demands, or we can quiet our ruminating mind and learn how to listen to our heart. That is why our slogan is 'live from the heart', because life reveals itself only through the heart. At the School of Happiness foundation course, I share many techniques that help everyone to experience acceptance, peace, love, and forgiveness.

In each session, we do specific yoga postures to remove the energy blockages in the physical body. Right after that, we continue with breathing exercises to balance our emotions. The last part of the session is dedicated to deep relaxation techniques to harmonise our physical, emotional and mental states. At the end of each session, I offer my 'happiness tea' to everyone and we are ready for the lecture of the week. I call it sharing circle, just like healing circle utilised by indigenous communities around the world. Lecture topics include: utilisation of different energy centres to heal yourself; recognising your dramas to break free from your pain body; using emotional freedom technique for daily cleansing; improving your relationships to get the love you want; communicating in a non-violent way to express yourself freely; and forgiving yourself and loved ones, to live in the now.

What separates the School from other courses is that the whole programme is designed from an empowerment point of view. Graduates of the foundation course have access to all breathing and relaxation techniques in a CD to allow daily practice at home to transform their lives on a day-to-day basis. When we do yoga, I explain what each posture is for and what energy centres we need to focus on.

The glitter I see in people's eyes and the serenity I witness makes me even more motivated to inspire everyone to live their best lives.

*Dr. Billur Gungoren. Phone Julie on 4057 7598*

## Are you ready to learn the secrets and techniques of happiness?

The first course in Cairns from the **Cannes School of Happiness for Woman** run by the **Founder Dr Billur Gungoren** will start on the **9th November** with an introduction and open house at Shiatsu Healing, 91 Trinity Beach Road, Trinity Beach on the 7th and 8th November.

- Recognize your dramas and break-free from your pain body
- Use emotional purification technique to balance your emotions
- Improve your relationship to get the love you want
- Communicate in a non-violent way to express yourself freely
- Forgive yourself and loved ones, and live in the NOW

More information is available from the 8th October at [www.schoolofhappiness.com](http://www.schoolofhappiness.com) or contact **Julie 40577 598** or mobile **0418 418 646** or email [juland2@bigpond.com](mailto:juland2@bigpond.com)  
 These courses are limited to a maximum of 8 woman so be quick to register

