



Emotional healing & well-being

using essential oils

LUKE ELIJAH

5 July 2018

THURSDAY, 7PM TO 8PM

VENUE dōTERRA Singapore Product Center

Multi-talented Luke Elijah is a true renaissance man. He has garnered a myriad of accolades and trophies in several disciplines, and has also represented Singapore in various international fashion competitions and brought home several awards. Luke hails from a family lineage of healers, physicians and spiritual practitioners dating back four generations. He travels the world with his family to teach meditation, mindfulness, yoga, and holistic healing. Together they also run a holistic healing center called "Heaven On Earth". Luke is a much sought after speaker and has been extensively featured in the local and international media such as The History Channel, Channel News Asia, CNN, The Strait Times, The New Paper, Lianhe Zaobao, Style, Her World, Elle, and much more.

Emotions and feelings are part of our intrinsic human nature and are vital to our total well-being. Unfortunately for most of us, effective emotional and relationship management are not fostered to us by our elders who quite frankly also do not have a clue, and neither is it a subject taught at school. As such, most of us do not know how to process these organic emotions and thus are not equipped with the right tools to cope with them. This leads to the suppression and denial of these natural emotions which then permeates into greater segregation and separation from one another. Unprocessed feelings and repressed negative emotions such as anger, frustration, hatred, anxiety, etc that have been bottled up over time leads to the development of physical ailments and dis-eases. The consequence is poor overall health and a breakdown in our relationships with others. As such, it all starts with proper emotional management. In this dynamic and informative session lead by top life coach Luke Elijah, learn practical and easy to follow tips on emotional balance and healing with the application of certified pure therapeutic grade essential oils.

