

Your Heart is a Holy Jewel

“How to keep your heart full of love, peace and mercy, even during challenging times.”

A 4 week Tele-class series with Dr. Ibrahim Jaffe

Every day as we live our lives, our hearts can become clouded by life events, images, pain and other pictures that may cloud the mirror of our hearts.

Our hearts are made to be beacons of divine light.

Why is it that so often we are not in a state of peace, love, and mercy inside of ourselves?

How do we return to the love when we know we have left it? In our fast-paced world, and it is important that we take the time to care for and clean our hearts. This requires skill, patience, and often guidance from someone who knows about the realities of the heart.

In this tele-class series, Ibrahim will reveal practical tools and exercises that can help you to continually return your heart to a state of love, peace, and mercy.

Topics to be covered:

- Teachings about the realities of the heart, and the layers of the heart
- Why keeping the love in our hearts is the most important duty in our lives
- How to live your life in direct relationship with the Divine
- How to protect and care for your heart in a holy way
- How to hold a state of love even in the most challenging times
- Exercises and daily practices to help us to keep our hearts full of love
- Healing methods to fill your heart with Divine qualities

Tuition

\$95 for all 4 classes

Registration

For full information and registration please visit:

www.DrJaffeMD.com or 888-2-dr-jaff(e)

Call Dates:

4 Sundays:

May 24,

May 31,

June 7,

June 21,

Details:

All of the calls will begin at 5:00 PST. Each call will be approximately 1.5 hours in length. Participants will be able to ask questions during the call. The call-in phone number will be sent out by email prior to the event. The calls will be recorded for future use by the participants.