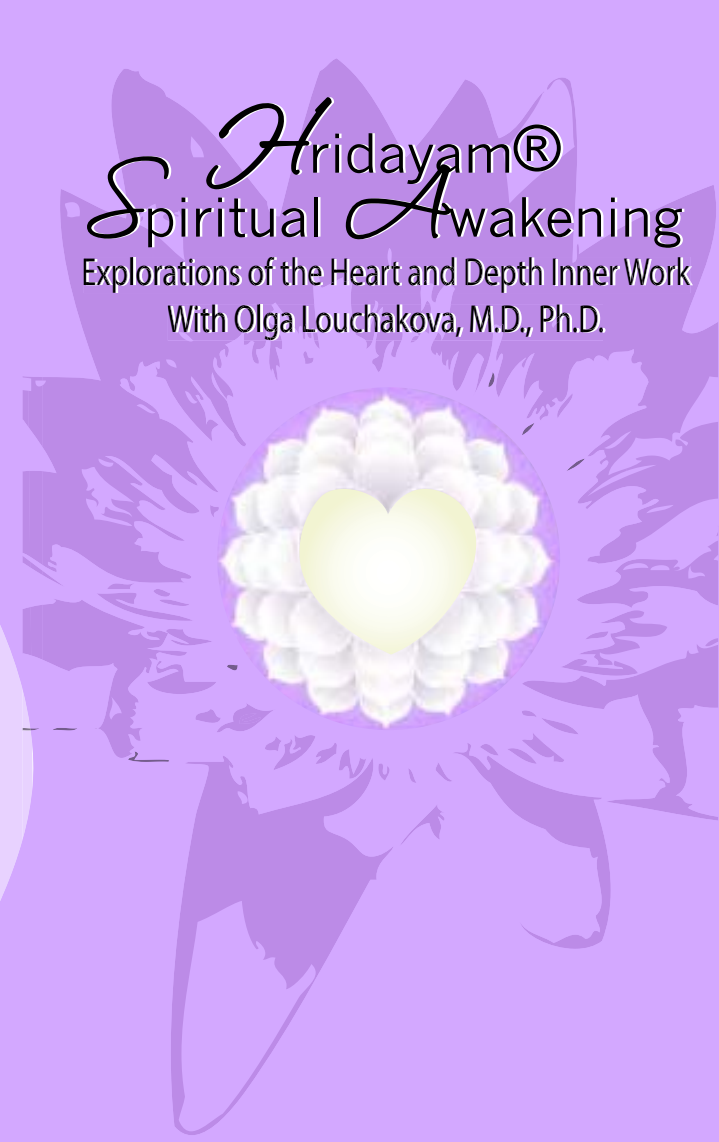




Healing
Restoration
Inquiry
Deepening
Awakening
Yoga
Meditation

*"Meditate in your heart...Supreme
Goddess is revealed, and the
highest state of man appears"*

Vijnanabhairava.



S Hridayam®
Spiritual Awakening
Explorations of the Heart and Depth Inner Work
With Olga Louchakova, M.D., Ph.D.

*"Spiritual Awakening appears in
many forms. You awaken over a
life-long process and not during a
single event. This process
profoundly transforms every
aspect of your life by opening your
unforeseen potential and allowing
you to reveal the inner beauty."*

Olga Louchakova

Hridayam[®] depth transpersonal work combines the benefits of therapy, spiritual guidance, and life coaching. The major sources of inspiration for **Hridayam**[®] are psychology, Kundalini-Shakti Yoga and western mysticism relating to the "Spiritual Heart".

Through this work you will come understand you own psyche and learn how to stop repeating habits that have yielded negative results throughout your life.

A major component of **Hridayam**[®] work is to help you grow through spiritual awakening. Other therapies and practices may not expose the signs of awakening and cause you to misinterpret them as simple emotional, psychological or health problems.

With **Hridayam**[®] work you can gently develop though your spiritual unfolding and avoid the crash of a spiritual crisis.

With **Hridayam**[®] we tailor the practice to your distinctive process of spiritual awakening. We assist you with the integration of the psychological aspects of spiritual transformation. If you are motivated by a spiritual yearning, we will help you establish an individualized practice that will foster spiritual growth and self-realization.

Hridayam[®] work plan includes:

- *Evaluation*
- *Removing the energetic and psychological blocks*
- *Developing psychosomatic awareness*
- *Psychospiritual work with subtle energy centers*
- *Addressing health –related complaints and healing*
- *Deep character work*
- *Self-recognition work with Spiritual Heart creative changes in karmic life patterns*

Olga Louchakova, M.D., Ph.D. - My 30 years of professional experience include research, academic and spiritual teaching, and clinical work in medicine and psychotherapy. In the times of my own spiritual awakening, I held satsangs and conducted sohbet. I assisted people with growth, relationship, women and acculturation issues, chronic disease, yoga and meditation matters, creativity blocks, and life transitions. Skilled in nature work, breathwork, and body-energy work, I also draw on self-psychology, existential-humanistic approach, archetypal analysis, Gestalt, -- and mainly transpersonal psychology. I customize my intuitive approach for each individual. My work benefits serious spiritual seekers, mature individuals in quest of meaning and change, and people with self-identified spiritual awakening or Kundalini rising.

Appointments may be scheduled in the East Bay and Palo Alto. Prices are \$125 per hour, sliding scale.

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