

Zero Frequency Sessions

Specially for Frontliners

Online every **Saturday** *
9.30AM EDT | 2.30PM BST | 7PM IST | 9.30PM MYT

DO YOU KNOW A FRONTLINE WORKER? SHARE THIS POST



FRONTLINERS GO THROUGH SOME OF THE MOST INTENSE EXPERIENCES

- Separation from family
- Exposure to Covid-19 which puts their lives at risk
- Various emotions within as they constantly witness fear, pain, death and grief in others' lives

AASHWASAN FOUNDATION EXTENDS SUPPORT TO FRONTLINERS

Aashwasan Foundation offers Zero Frequency Sessions - an energy based scientific medium through which one's innate self-healing ability is brought out to optimise the physical, mental and emotional resilience. Each session is 1.5 hours long.

How do Zero Frequency Sessions help?

Physical - boost immunity, optimises energy levels, help in addressing comorbidities by enhancing self-repair system in the body. As the body's own resilience is enhanced, the recovery is accelerated.

Emotional - help people overcome fears, agitation, insecurity, anxiety, panic. This helps in recovery. As emotionally people feel resolved, psychosomatic symptoms are addressed.

Spiritual - mortal fears are addressed. The oneness the person experiences with the universe helps in coping with isolation and loneliness. Self awareness is heightened which brings holistic awareness and well being.

*customised timings for various time zones are also available

Register here: forms.gle/rnHx1V1FJe9R4iyu8



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