

The background of the entire page is a photograph of a beach. In the foreground, white foam from a wave washes onto the golden sand. The ocean extends to the horizon under a clear blue sky. A person is walking along the shoreline in the distance on the right side.

RCCCL | RATHNA CENTER FOR  
CONSCIOUS LIVING

# RECORDED COURSES

*of Dr. G. L. Sampoorna*

# RECORDED COURSES

Experience **Dr. G. L. Sampoorna's** highly acclaimed & powerful courses, in a recorded format.

You can now access these powerful courses at your own convenience for multi-layered processing and deep transformation.

Read on to know more!

# Living in Rhythm Series

The Living in Rhythm Series is an exciting set of courses based on joyous, affirmative songs.

Each song is the theme for a deep, experiential course. The universal songs are relatable to people of all ages. They encompass a range of topics including forgiveness, creativity, compassion, relationships, trust, money & more.

Effortlessly bring in awareness, healing and expansion through these powerful courses.

***Note: No musical Ability Required***

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register](#)

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# Living in Rhythm Series

## 1.5 Hour Courses

- **Trust**

Dissolve the energy of mistrust from your relationships and your life. Come into a state of trust and safety that allows you to be more effective, while simplifying your life.

- **Creating Change, Creating Your Vision**

Understand your inner blocks. Move past your fear of failure, transform limiting beliefs and embrace the powerful momentum that change offers.

- **Bonding with Love**

Reconnect with yourself in new, exciting ways. Integrate the parts of yourself that are in conflict with each other and harmonise the masculine and feminine energies within.

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# Living in Rhythm Series

- **Gratitude**

Deep dive into yourself. Release toxic and forced states of gratitude, acknowledge and process your real emotions, and open yourself to abundance through wholesome gratitude.

- **Living Creatively**


Experience joyous expansion as you unlock your unique, hidden creative potential. Allow your life to become a wonderful expression of yourself.

## 2 Hour Courses

- **Stepping into Forgiveness**

Begin to heal from the wounds of your past. Release and process your pain and anger. Experience the freedom of forgiveness that allows you to live on your own terms.

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# Living in Rhythm Series

## 3 Hour Courses

- **Channel of Abundance**

Recognise and break-through your old limitations and 'abundance blocks'. Become a magnet for abundance of all kinds - money, love, joy, peace, success, health and much more, in this fun and exhilarating course.

- **Time of Your Life**

Build an easy, relaxed relationship with time, peacefully using it to create a meaningful life that you enjoy.

- **Freeing Compassion**

Awaken your inner capacity for love and compassion. Discover what holds you back from expressing your softer qualities. Reclaim the freedom and courage to be your authentic self.

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# Living in Rhythm Series

- **Giving and Receiving**

Discover the pleasure of being able to give freely, without fear, and receive joyously, without guilt. Allow your life to become one of effortless giving and receiving.

- **Dance of Grace**

Come into graceful alignment with yourself and life. As you reaffirm yourself and remember your true nature, you are able to experience the possibilities for your life from a state of deep grounding.

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# Freedom Series

Experience expansive freedom as you connect authentically with yourself, process your anger and pain, and naturally access the peace of forgiveness within you.

This series is made up of Dr. Sampoorna's powerful online forgiveness workshops. Her unique approach and experiential techniques come from close to 40 years of study, experimentation, research and exploration.

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# Freedom series

- **Stepping into Forgiveness**  
**(2 hour course)**

Release and process your pain and anger about others' hurtful actions in this powerful course from the Living in Rhythm series.

- **Self-Forgiveness: Stepping Forward**  
**(3.5 hour course over 2 days)**


Acknowledge and process anger, guilt and shame around your past misdeeds. Harmonise the voices within you, learn from the past, reconcile your values and liberate yourself to make better choices in the future.

- **F41 - A Forgiveness Intensive**  
**(41 Day Course - 1.5 hours approx each day)**

Embark on a deeply cleansing 41-day forgiveness journey. Experience unbelievable levels of freedom and healing as you learn to process and release emotions at the Intra-personal, Inter-personal and Trans-generational levels.

Note: This is an advanced program that involves an application process.

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# Express Out Series

This powerful series, adapted from the work of Heather C. Williams and Lucia Cappiacione, aims at drawing out your hidden feelings & tapping into your own inner wisdom to heal yourself.

The dialogue between the Dominant and Non-Dominant sides of the body through movement, scribbling, writing and drawing, facilitates the mind-heart connection and allows feelings to surface and get processed in a healthy manner.

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# Express Out Series

## 3 Hour Courses

- **Inner Child**

Connect with, and begin to heal and integrate your internal parts. Become friends with your inner child and rekindle your spirit of joy and playfulness.


- **Parenting Yourself**

Connect with the universal mother and father principles. Heal deeply as you allow yourself to experience the love, acceptance and stability that you always wanted.

- **Wisdom of the Body**

Reconnect with your body. Heal at the mind, body and spirit levels as you reopen channels of communication. Learn to listen to, and understand your body's messages.

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# Other Courses

## 1.5 Hour Course

- **Renewal**

Re-align with your inner knowing and purpose. Assimilate your past experiences, gain a sense of completion and prepare for a new beginning.

## 3 Hour Course

- **The Labyrinth Experience**

Connect with your higher self and journey into your center as you traverse through the labyrinth. Receive answers and messages, access the resources within and allow your wisdom to shine through.

- **Integration: The bird flies free**

Experience deep inner shifts as you release yourself from the chains of codependency. Choose wholesome and healthy relationships with yourself and others.

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# Investment

## **1.5 Hour Course:**

Rs. 1,500 + 18% GST = Rs. 1,770

## **2 Hour Course:**

Rs. 1,750+ 18% GST = Rs. 2,065

## **3 Hour course:**

Rs. 3,000 + 18% GST = Rs. 3,540


## **3.5 Hour course:**

Rs. 3,500 + 18% GST = Rs. 4,130

## **F41 -A Forgiveness Intensive**

Rs. 18,450 + 18% GST = Rs. 21,771

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# Bank Details

Account name: **G.L. Samporna**  
Account number: **036010100041563**  
Bank name: Union bank  
Branch: Mylapore  
Chennai 600 004 Tamilnadu  
IFSC code: **UBIN0803600**

## **Registration link**

**<https://bit.ly/RCCLWorkshops>**

**Note:** *Upon registration, the course will be played at a time mutually convenient for you and the RCCL Team.*

**Important:** *The course fees are non-refundable and non-transferrable*

# About Dr. G. L. Sampoorna

Dr. G.L.Sampoorna is a renowned psychologist and the founder of Rathna Center for Conscious Living (RCCL). With 40+ years of experience in counselling, therapy, coaching, facilitating and training, she has impacted thousands of lives across the globe. She has had years of experience with training corporations, education institutions, Government institutions and the Police force.

Her work is direct, multimodal and powerful in its ease & simplicity. Besides her PhD in psychology, her qualifications include her position as a Licensed Heal Your Life® Teacher Trainer for India. She is a much sought after NLP Master trainer and a life coach par excellence. She is a pioneer in forgiveness work and research in India.



RCCL

RATHNA CENTER FOR  
CONSCIOUS LIVING

# About us

Rathna Center for Conscious Living (RCCL) was founded by Dr. G.L.Sampoorna with the intention of making meaningful and lasting changes in the lives of individuals and the community. A nucleus for personal and collective growth and expansion, the offerings of the Center facilitate personal transformation through working at the physical, emotional, mental and spiritual levels. The programs, workshops and trainings offered equip individuals and institutions with the tools to connect within themselves and live more consciously - with peace, integrity and deeper awareness.

***For regular updates:***

*Add our number, **+91 98402 30151** and WhatsApp us with your name, city, and email.*



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