

Energy & the Power of the Subconscious Mind

Shubhrajai • Dubai 2026 • Sunday Workshop



This workshop is designed to give you some practical tools to create a new platform for growth by letting go of your old self and its limiting beliefs. You'll gain an understanding of the workings of Energy, the Conscious and Subconscious Minds. We will go over methods which give you the power to re-create your future.

Shubhrajai will present specific techniques based on ancient teachings and latest research to empower you, and unlock the blocking patterns within to help you live your desired life.

- Uncovering and releasing self-limiting beliefs
- Releasing trauma safely (guided exercises)
- Rewiring negative patterns of the mind
- Understanding the energetics of affirmations
- Raising your personal vibration and that of your space for good health
- Visualization for healing physical and emotional distresses
- Transforming stressful relationships using the power of your mind
- Attracting prosperity in your life

SUNDAY, February 8

10:30–13:30 hrs (short break given)

followed by lunch prasadam (post workshop)

Venue: private home

For all other information please

contact Chandana Sood at

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PRE-REGISTRATION IS REQUIRED

No prior knowledge of any kind of energy work is required to attend the event.



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