

Gitens WORLD

A SCHOOL FOR THE HEART



Our Inner Nature - Love - Joy
Awareness - Intuition - Freedom - Intelligence
Acceptance - Non-judgement - Understanding
Relationships - Relaxation - Creativity - Clarity
Playfulness - Inspiration - Compassion - Humour
Friendship - Inner man and woman - Working with people
Truth - Wisdom - Silence - Growing Up - Healing
Resting in Oneself - In The Moment - Emptiness
Meditation - Wholeness - One with Life

www.giten.net