

## **Aisha Ali**

### **Description:**

Transformational work with for individuals, couples and groups. I offer Psychotherapy and consultancy services that empower individuals in embracing change. Change is an inevitable part of life and cannot be controlled. The tendency to hold onto the familiar is to resist change and remain stuck at a threshold. This is a source of much pain, dis-ease and distress that people experience in life. Suffering is the product of holding onto anything, which no longer serves us. Living from The Heart programme, empowers you to become more loving and more authentic. When we live from the wisdom of the heart, we can achieve our goals. We can fulfil our desires, and our potential. We can understand our purpose with clarity as we journey towards self-knowledge and increased awareness of everything around us.

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