

PRACTICAL SPIRITUALITY

with Selina Maitreya



The Spiritual Guide Who Teaches Us How To Turn Any Difficulty Into PEACE!

Looking for a speaker who knows how to bring Practicality to Spirituality?

Selina Maitreya has been inspiring and educating students globally for years, empowering them to use their daily life as the vehicle for their conscious growth.

Selina's clear and concise teachings and instruction on how to turn daily chaos into peace, have been called: Revolutionary, transformative and life changing!

CRITICAL KEYNOTE TOPIC

Daily Irritation & Difficulty: Your New Tools For A Peaceful Life!

From simple daily irritations to serious traumatic experience, we have long been trained to respond to chaos by landing inside of it, fully engaging and responding back with our own personal expression of suffering.

This one habitual pattern is responsible for much of the pain we create and amplify as we walk in our local and universal world.

Awareness of our pain is a healthy step, but it's what we do with the pain after we recognize it, that is the key to living a peaceful and abundant life.

We have the capacity within us to utilize any difficulty as a transformational tool to increase our consciousness and to be at peace.

This revolutionary concept is the key to living an extraordinary life.

Selina will discuss this completely new lifestyle of using difficulty as a transformational tool to go to peace and listeners will be invited to access an online video where they will find a practice that will empower them to turn any difficulty into serenity.

SELINA MAITREYA IS A TRANSFORMATIONAL AGENT

An internationally celebrated lecturer, author and teacher of Practical Spirituality, Selina empowers her students to turn any chaos that lands in their daily life into an opportunity to create peace.

Consciously choosing an energetic response to one's life enables students to be able to turn any difficulty into an opportunity to be in high frequency energy which enables us to manifest our wishes and move through our lives with peace and certainty, grace and ease.

Living the teachings of Practical Spirituality for the last 30+ years, Selina was fully equipped in 2013 to move through a traumatic car event that left her severely brain-damaged, without experiencing worry, fear or concern.

Selina used each moment of physical difficulty as an opportunity to experience peace and as a result, made a complete recovery defying all medical predictions.



RAVE REVIEWS

Selina Maitreya commands a room, plain and simple. She has a unique capability to deliver a forceful message in a spiritual and loving way. At Women At Woodstock, where she led a workshop for women over 50 on "Opening to Receive," she not only presented a thought-provoking body of information, she stimulated a discussion that grew quite naturally. Selina is truly a masterful thought leader.

Ann Voorhees Baker - Founder, Women at Woodstock

In this tumultuous time in all our lives, learning to become calm and peaceful is a great gift. Selina gives us that gift so easily and masterfully.

Carol Hyatt - Best Selling Author, Founder and CEO of Mission: Getting to Next

Selina is a skillful speaker and loving teacher who encourages her participants to see their truth. She evokes honesty and cultivates a climate of tolerance and equanimity in her workshops. She is present, listens carefully and presents her wisdom with humbleness and clarity.

Erin Jade - There's No Place Like Ohm

We were so pleased that Selina agreed to offer her Evening of Grace at the Double Diamond Wellness Center. Everyone who came actually experienced Grace each in our own way. By the end of the evening everyone was so filled with the energy of peace and ease that no one wanted to leave!

Sam Leibowitz - New York, NY

Having Selina at our center opened up everyone to a Trueism that our planet seems to struggle with. She came to help people disrupt the illusion of their separation from the ONE!

Rev. Hope Gorman - Founder and the Director of the Hope Interfaith Center



Spirit has always guided Selina's life and since the age of 14 she has been a spiritual student studying many philosophies, and spiritual practices.

Drawn to the simple yet powerful idea that We are all **ONE** and that our natural inheritance is **LOVE**, Selina was guided by spirit to respond to any difficulty from one of the many faces of love.

Her choice of response created an entirely new life, one that was peaceful and abundant, with relationships that were deeply meaningful.

Spirit told Selina that this new lifestyle was called **PRACTICAL SPIRITUALITY**.

Selina Maitreya
34 Hamilton Road, Suite 501
Arlington, MA 02474
Selina@SelinaMaitreya.com
978.869.7029

www.practicalspiritualitywithselina.com
www.facebook.com/PracticalSpirituality-WithSelina
www.linkedin.com/in/selinamaitreya/
Instagram: @Practicalspirituality



Women At
Woodstock

OneSpirit
learning alliance

MISSION:
GETTING
OF NEXT



In the summer of 2013 Selina experienced a life changing experience that reinforced that the work that she had done to live in **LOVE**, was truly practical.

Due to a traumatic automobile event, Selina was left severely impaired and badly brain damaged.

Unable to walk normally in her life for several years not knowing how or when she would be able to return to her work, Selina continued to feel blessed, and was never concerned for her fate.

Knowing that her practice of responding to all from **LOVE** was the reason for her total certainty and faith, Selina became committed then and there to helping others to respond to life from love, as they build lives guided by **PRACTICAL SPIRITUALITY**.

Selina teaches her students how to respond to any chaos that lands in their life from their higher states of peace, kindness, compassion, tolerance, understanding, wisdom, gratitude and grace.

This one revolutionary action empowers them as they increase their consciousness and become monks without monasteries, able to turn any difficulty into opportunity, enabling them to manifest their wishes and move through their life with peace, certainty, and ease.

Selina's latest offering is a free 60-minute Master Class:
Become The Abundance You Seek!



www.youtube.com/watch?v=zinxXyndN0