

# PRACTICAL SPIRITUALITY

with Selina Maitreya



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

### Bringing 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 conscious growth.

Her teachings have been called: Revolutionary, transformative, and life changing!

### CRITICAL KEYNOTE TOPIC

---

#### **Raise Your Frequency Transform Your Life! *How to Respond with Love to Daily Difficulties***

From simple daily irritations to traumatic experience, we have long been trained to respond to chaos by responding back to it with more of the same.

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

How we vibrationally respond to our daily difficulties is the key to living a peaceful and abundant life.

We have the capacity to learn to respond to any form of pain with Love, which looks like patience, kindness, tolerance, and compassion.

As we are not trained to respond from these frequencies, we must learn to identify moments of change and be ready to raise our frequency to transform our life.

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

Selina will discuss the completely new lifestyle of using difficulty as a transformational tool to build the foundation for abundance. Listeners will be invited to experience a practice that provides their first opportunity to practice their new way of being!

### SELINA MAITREYA IS A TRANSFORMATIONAL AGENT

---

Selina is the author of the book: *Raise Your Frequency Transform Your Life - How to Respond with Love to Life's Difficulties* (Inner Traditions Bear & Co. June 2024)

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 grow their consciousness and experience more peace.

Consciously choosing to respond from Love consistently enables students to be able to turn any difficulty into an opportunity to manifest their wishes and move through their lives with peace, certainty, grace and ease.

Living the teachings of Practical Spirituality for the last 25+ years, Selina was fully equipped in 2013 to move through a traumatic car event that left her severely brain-damaged.

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.

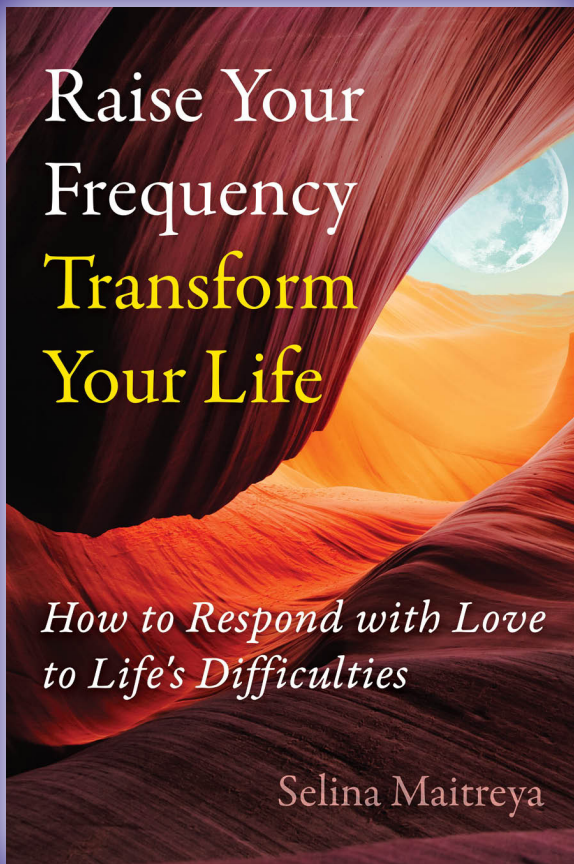
**Ann Voorhees Baker - Founder, Women at Woodstock**

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**

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**



[Purchase The Book](#)

Selina Maitreya  
[www.PracticalSpiritualityWithSelina.com](http://www.PracticalSpiritualityWithSelina.com)  
[Selina@SelinaMaitreya.com](mailto:Selina@SelinaMaitreya.com)

**978.869.7029**



**Selina is the teacher of Practical Spirituality.**

Practical Spirituality is a body of work, transformational teachings that utilizes one's daily life as the practice pad for increased consciousness and connection to higher wisdom.

Heart centered Coaches, Leaders, Entrepreneurs, and Spiritual Educators learn how to access and actualize their highest wisdom 24/7, living lives that empower them to create abundance and peace.

**A hands-on guide to cultivating a more conscious and spiritually present life.**

In this practical and powerful guide, spiritual teacher Selina Maitreya shares a radical process of self-transformation that allows you to discover your highest potential and live an extraordinary life. Drawing on her 25 years of experience as a spiritual teacher, Maitreya explores how to recognize and transform the difficulties and challenges you experience into tools to raise your consciousness, thus empowering you to use each difficult life experience, no matter how small or large, as a tool to create peace and build the foundation for a truly abundant life.

By focusing on energies, rather than thoughts or emotions, she demonstrates how working with the heart frequency can provide ways to understand, work through, and transform challenges that arise, better connecting you to your intuition, which is a high frequency state. With practice, each difficult moment is transformed into an opportunity rather than a feeling of lack, a catalyst for personal growth. As your personal vibration rises, you attract the people, situations, and events that align with your unique path toward an extraordinary life.

