HAPPINESS IS AN INSIDE JOB - LOOK INWARDS

SILVIA MORDINI, FOUNDER LIFE INSPIRED, HEALER

"The inward journey is about finding your own fullness, something that no one else can take away."
Deepak Chopra

"A man who as a physical being is always turned toward the outside, thinking that his happiness lies outside him, finally turns inward and discovers that the source is within him." Soren Kierkegaard

"To live happily is an inward power of the soul." Marcus Aurelius

"At the center of your being you have the answer; you know who you are and you know what you want."
Lao Tzu

"When I turn inward, I find no words. Only light; only love." Laura Jaworski

"Go inwards, find your inner space and suddenly you will find an explosion of light, of beauty, and ecstasy." Osho

"If you want joy, you have to turn inward, because that is where it is generated." Sadhguru

What you can learn from me is "Authenticity and joyful self-confidence in living YOUR dharma." With more than 12,000 hours as a Yoga Teacher, I have been inspiring happiness, global awareness, and joyful living in students for over fifteen years. You'll find my published writings read by thousands all over the world as seen in Mindbodygreen, Mantra Magazine, Huff Post, Do You Yoga, Psychology Today, Gaia, Wanderlust and more. **Most importantly I know it's possible to transform your trauma to dharma and transmute your drama to dreams.**

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