

Annual Congress on Mental Health

July 09-11, 2018 | Paris, France

Overcome the dangers of unconscious bias: For improved mental health



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Problem: Facing adverse experiences in family and social life, enhance the risk of physical and mental health problems. Unconscious conclusions act as magnets to draw in further challenges until the chains to deep seated limiting patterns are broken. Researchers have reported that ancestral trauma can be passed onto the next generation, affecting their behavior without them knowing why.

Objective: The purpose of this keynote is to describe how what we don't know about ourselves can hurt us and how through the power of self-awareness and consciousness, we can eradicate PTSD, chronic grief, depression, sexual trauma, anxiety, and other emotional health problems.

Methodology: This keynote will discuss numerous case studies across the last 10 years to show the benefit of self-awareness and overcoming bias. All subjects have used active meditative techniques and the advanced practical dalian method to awaken into heightened levels of consciousness and emotional freedom.

Findings: Stress, conflict, fear, anger, sadness and control tendencies have at their root an expectation, desire or need driven by an unconscious bias. The more self-aware we become, the more empowered we are to overcome and stop this type of reactivity and resultant suffering in families.

Significance: All adversity can be eradicated and overcome by discovering what is in our individual unconscious bias. We become more self loving, able to be present here and now, and connect with peace found internally. Mental health comes back into equilibrium by dis-identifying from the dual nature of our mind. Compassion for others increases, and our life circumstances improve.

Biography

Kindi Dulai Gill has completed her ACA from the City of London University (UK) and post studies on consciousness and health as a Facilitator of the Dalian Method from the Dalian School for Health and Consciousness (2008-2018) (founded by the scientist of the human condition, Mada Eliza Dalian). She is the Director of Spark Expansion Consulting Ltd., a provider of transformational services for mental and emotional health problems. She is also a member and former President of the Canadian Association of Professional Speakers (Vancouver Chapter).

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