



RECLAIMING YOUR VIRGINITY

**RECLAIMING YOUR VIRGINITY
AND
SUSHUMNA CHAPEL**

R E V I E W 2 0 2 3





RECLAIMING YOUR VIRGINITY

REVIEW FOR THE YEAR 2023 SUSHUMNA CHAPEL



**REV SUSHUMNA (DINAH PEMBERTON)
ONESPIRIT MINISTER**

Reclaiming Your VirginitY is a creative empowerment that creates solutions and honours the healing stories of people's lives. Reclaiming Your VirginitY serves as a companion to hold your hand and walk with you towards a path of Empathy, Non-Judgement, Acceptance, Unconditional Love and Healing.

Together we will cross the bridge into the unknown "The Present Moment" to unite you with your true natural self "Pure Consciousness".

You can read more information about your Reverend and Counsellor by clicking the link below.

[About Reclaiming Your VirginitY](#)



**RECLAIMING YOUR VIRGINITY LOGO
DESIGNED BY REV SUSHUMA DINAH PEMBERTON**

RECLAIMING YOUR VIRGINITY

REVIEW FOR THE YEAR 2023 RECLAIMING YOUR VIRGINITY



RECLAIMING YOUR VIRGINITY **WEBSITE INFORMATION & SERVICES**

RECLAIMING YOUR VIRGINITY

WEBSITE PAGES & LINKS

www.reclaimingyourvirginity.co.uk

About Reclaiming Your Virginity

[About RYV Reclaiming Your Virginity](#)

[My Healing Journey](#)

[My Journey with Writing](#)

Counselling Space

Meditation

Honouring Health

Honouring Your Health With Crystals

The Seers and Hearers

Self Help Healing Group (For Men)

Winter Solstice Forgiveness Ceremony

RYV Space

[Divine Boutique](#)

[Radio Ananda](#)

[Library](#)

[Contact](#)

[Donate](#)

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REVIEW FOR THE YEAR 2023 RECLAIMING YOUR VIRGINITY



RECLAIMING YOUR VIRGINITY WEBSITE INFORMATION & SERVICES

RECLAIMING YOUR VIRGINITY

WEBSITE PAGES & LINKS CONTINUED

Healing Prayer Request

Inspirational Talk

THE DEVELOPMENT OF RECLAIMING YOUR VIRGINITY

The development of Reclaiming Your Virginity is coming along. The turnover for the year for clients has been 1 and has been for free due to the financial crisis that is happening right now.

The Reclaiming Your Virginity website is currently undergoing an upgrade.

Changes

The RYV monthly Healing Ceremony has been changed to a Monthly Meditation offering.

Counselling Space

Because of the financial crisis, the prices for the counselling sessions have been reduced to £25.00 for the year.

Original Prices of the Counselling Sessions were

Person-centred counselling £75.00

Non-Verbal Counselling £50.00

Spiritual Counselling £40.00



COUNSELLING TESTIMONIALS 2023

RECLAIMING YOUR VIRGINITY

“Dinah allowed me to feel completely comfortable from the very start and I was able to feel confident to open up to her completely. Dinah allowed me to feel empowered to always speak my truth during the sessions.

She acknowledged my experiences in a warmth manner which encouraged me to speak further. I did not feel ashamed to cry and show true emotions because I knew no judgment would be made on Dinah’s part. I felt very safe speaking with Dinah in the comfort of my own home and looked forward to it.

I was able to grow and realise my self-worth. With the help of Dinah, I was able to feel empowered and took control of the situation which allowed me to spin my situation in a positive manner and gain control of my life once more.

Dinah was amazing in the sessions and took initiative to incorporate meditation which helped relax me and regain my thoughts to express what I truly felt. She made me feel welcome, safe, and empowered through her understanding and warm demeanour.

I hope many people can reach out and have the positive experience to counselling that I have. I believe counselling has kept me alive and sane through the most difficult time in my life.

~ Anonymous

REVIEW FOR THE YEAR 2023 RECLAIMING YOUR VIRGINITY



THE FINANCIAL YEAR FOR RECLAIMING YOUR VIRGINITY

RECLAIMING YOUR VIRGINITY

Reclaiming Your Virginity never received any donations or any source of income in 2023.

PROFESSIONAL TRAINING/COURSES/CPD/VOLUNTEERING IN 2023

- Volunteer Online Counselling For the Gorton Monastery (for 7 months May - November)
- Ananda Spiritual Counselling Course
- Healing With Divine Energy Course
- Online Retreats With Ananda Online
- Offering my services as a reader for an SRF Book Study from September till present

FUTURE WORK/GOALS/COMMITMENTS

Supervision training

Inspirational Talk

Shamanic Journey with Aum

Counselling in Nature

Ananda Spiritual Counselling

Launch Courses

To reach more people

To make Reclaiming Your Virginity Intuitive Inquiry free

Work with young people

Business cards and flyers

Look for funding



**A SPIRITUAL WAY OF LIFE
A CREATIVE WAY OF LIFE**

REVIEW FOR THE YEAR 2023 SUSHUMNA CHAPEL



**REV SUSHUMNA (DINAH PEMBERTON)
ONESPIRIT MINISTER**

Sushumna Chapel is a Unique Online Chapel that has been inspired by the Life Guidance and the Spiritual Teachings given to us by Paramhansa Yogananda and Swami Kriyananda who is a Direct Disciple of Paramhansa Yogananda.

You can read more information about Sushumna Chapel and your Reverend and Counsellor by clicking the link below.

[About Sushumna chapel](#)



SUSHUMNA CHAPEL LOGO

REVIEW FOR THE YEAR 2023 SUSHUMNA CHAPEL



SUSHUMNA CHAPEL **WEBSITE INFORMATION & SERVICES**

WEBSITE PAGES & LINKS

www.sushumnachapel.org

[About Sushumna Chapel](#)

[Sushumna Chapel Services](#)

[Divine Sunday Service](#)

[Meditation](#)

[Healing Prayer Service](#)

[Self Help Healing Group \(For Men\)](#)

[Divine Will Healing Circle](#)

[Healing Prayer Requests](#)

[Devotion to Divine Mother & Confession](#)

[Journey Through the Spine Sharing Circle & Night Meditation](#)

[Make a Donation](#)

[Contact](#)

REVIEW FOR THE YEAR 2023 SUSHUMNA CHAPEL



SUSHUMNA CHAPEL **WEBSITE INFORMATION & SERVICES**

WEBSITE PAGES & LINKS CONTINUED

Monthly Satsangs and Groups for a Donation

[Transitioning in Grace](#)

[The Seers and Hearers](#)

[Empowering Women Through Devotion](#)

[Honouring Children & Parents with God Satsang](#)

Inspiration

[Affirmations for Self-Healing & Silent Meditation \(recordings\)](#)

Sushumna Chapel Space

[Quiet Meditation Room](#)

[Recordings](#)

[Radio Ananda](#)

[Remembering Our Loved Ones](#)

[In Person Meditation](#)

REVIEW FOR THE YEAR 2023 SUSHUMNA CHAPEL



SUSHUMNA CHAPEL **WEBSITE INFORMATION & SERVICES**

WEBSITE PAGES & LINKS CONTINUED

Sushumna Chapel Ministerial Services

Astral Ascension Ceremony

Ananda Wedding Ceremony

Ananda Spiritual Counselling

THE DEVELOPMENT OF SUSHUMNA CHAPEL

The development of Sushumna Chapel is also coming along. The turnover for attendees who took part in the Sushumna Chapel Services in the year 2023 was around 20. This was through Honouring Children & Parents with God Satsang, Healing Prayer Requests, Remembering Our Loved Ones, Chanting to Divine Mother, Divine Will Healing Circle and Ananda Spiritual Counselling,

The Sushumna Chapel website is up and running, but is still in the development stages.



COUNSELLING TESTIMONIALS 2023

“I felt I could trust you and that we shared our guru’s presence. You took everything at an ideal speed of prayer and brief meditation to link our spirits. You let me be heard, and then let me know I’m loved by many people.

You followed up with inspirational ideas to move forward with, which at some stage I will revisit. It was a blessing to have your help when I needed it, with a like-minded soul. You are a bright light for our Master’s.”

~ Bernard



REVIEW FOR THE YEAR 2023 SUSHUMNA CHAPEL



FINACIAL YEAR FOR SUSHUMNA CHAPEL

In 2023 Sushumna Chapel received £95.86 in donations and £120 in tithing.
Total £215.86.

The money went towards

- Ananda Spiritual Counselling Course
- Healing With Divine Energy Course
- Purchasing a Harmonium for the children
- Sushumna Chapel Website

PROFESSIONAL TRAINING/COURSES/CPD/VOLUNTEERING IN 2023

- Volunteer Online Counelling For the Gorton Monastery (for 7 months May - November).
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- Healing With Divine Energy Course
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REVIEW FOR THE YEAR 2023 SUSHUMNA CHAPEL



FUTURE WORK/GOALS

- Membership option
- Divine Service - Remembering our Loved Ones
- Redesign the Sushumna Chapel logo
- Art Gallery Page
- Look for funding
- To help more people
- Volunteer's for IT support and social media
- In person meditation to alternatively change monthly to include Creativity, Healing Prayers and Divine Sunday Service.
- Provide a yearly God Alone Online Retreat
- CPD Diploma in Mediumship
- Start embracing my spiritual name
- Face to face retreat with Ministers or led by Ministers
- Meet Jyotish and Devi Spiritual Directors for Ananda Sangha Worldwide

REVIEW FOR THE YEAR 2023 SUSHUMNA CHAPEL



COMMITMENTS FOR IN 2024 RECLAIMING YOUR VIRGINITY & SUSHUMNA CHAPEL

- To be of Service to all the online and face to face to services and review after 1 year
- To tithe £10.00 a month (splitting the costs between Reclaiming Your Virginity and Sushumna Chapel)
- Go deeper with God and my Guru Paramhansa Yogananda and live by his teachings
- Continued Professional Spiritual Development - continue to stay with Ananda Sangha Online, Healing Prayers with Mary Kretmann and Ananda Dallas/Texas
- 11 week accredited Mediumshi Diploma Course
- To live by my vows

My Vow for July 2023 - July 2024

- I vow to Abstain from Alcohol
- I vow to Abstain from Sex with a person
- I vow to Remain Single
- I Vow to Fearlessly Sing
- I Vow to Love God More
- I Vow to Commit to the Pilgrimage Vow to the best of my ability
- I vow to commit to the Vow of Superconscious Living to the best of my ability

And May it be so...

Aum Peace Amen

Thank you for taking the time to read the Reclaiming Your Virginity and Sushumna Chapels Review for 2023.

Blessings & Love

Rev Sushumna Dinah Pemberton



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R E V I E W 2 0 2 3



SUSHUMNA CHAPEL

SUSHUMNA CHAPEL CREATIVE WAY OF LIVING
A SPIRITUAL WAY OF LIFE

