

TOTAL TRANSFORMATION

A DIAMOND APPROACH[®] WORKSHOP
OPEN TO THE PUBLIC AND EXISTING STUDENTS

ACTIVATING THE THREE CENTERS

The Head, Heart, and Belly are subtle centers within our individual consciousness, sometimes referred to as subtle organs of perception and action. When these centers are opened and activated they help guide one's soul to deeper realms of our True Nature. When fully understood and realized, essence works through these centers bringing a total transformation to one's soul.

The Belly center is where the soul meets the ground of the earth, it helps to ground our realization, deepen our connection to our body, and function more optimally in the world, bringing a lived Presence and practicality to our lives.

Heart center brings attunement, sensitivity, empathy and the capacity to feel one's emotions, and qualities of essence. When the heart center is open we taste life to its fullest.

Head center is fundamentally the center of awareness, discrimination and understanding. When it is open and able to freely engage experience, it is characterized by a complete open-mindedness, where we feel we are free of historical perspectives, positions and identifications. Then we can become open to the mystery of what we are.

In this three-day workshop we will work to understand and open each center, through inquiry, sensing, and meditation practices. We will also explore what blocks these centers from operating within our consciousness.

Dates: January 27, 28, 29, 2012

Friday 27: 2–5, 7–9:30

Saturday 28: 10–1, 2–5

Sunday 29: 10–1, 2–5

Location: Mary Ward house, 5/7 Tavistock Place, TM
City of London WC1H 9SN, UK

Teachers: Joyce Lyke, Tejo Jourdan.

Cost £ 215

For more information: Contact Diane Jonas <Diane@dhat.org>