



NONDUAL THERAPY: The Psychology of Awakening Module 1

“If only a world-wide consciousness could arise that all division and fission are due to the splitting of opposites in the psyche, then we should know where to begin.”

C.J. JUNG



12-16th July, 2018, The Lighthouse, Frome, UK

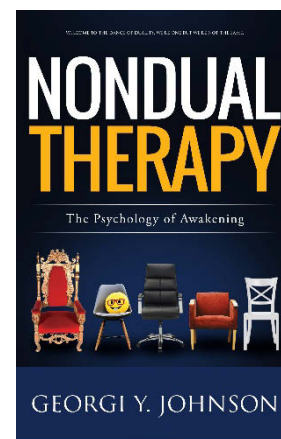
Details

The Felt Sense: Module 1 of the education in Nondual Therapy & Spiritual Psychology with Georgi Y. Johnson and Bart ten Berge.

The 5-day training offers techniques and practises to deepen and apply the principles of Nondual Therapy for self-development, healing and work with others.

Topics covered include:

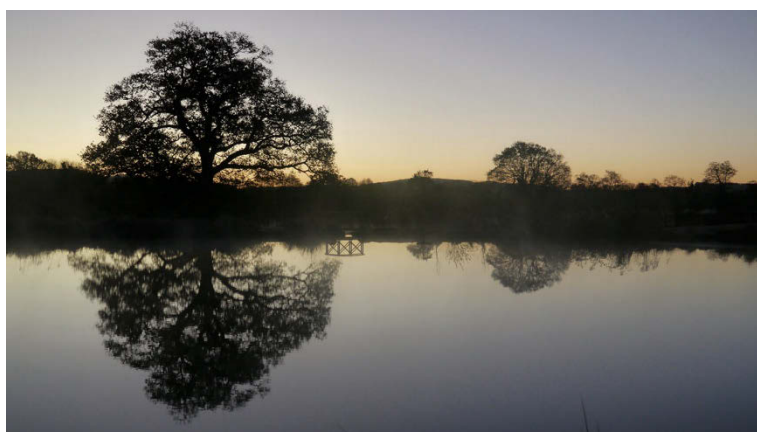
- Psychology of awakening
- From contraction to expansion
- The nature of contraction
- Opening of the Felt Sense
- Grounding and consolidation in True Nature



Participants can stay on-site (in private or shared rooms) at the Lighthouse hotel where the training is hosted. All attendees receive a complimentary e-book version of Nondual Therapy: The Psychology of Awakening, which serves as a reference to many of the themes touched on in the education.

At the end of the five days, attendees receive a certification in Nondual Therapy and Spiritual Psychology from the [International School of Spiritual Psychology \(ISSP\)](#). This is intended to affirm the added benefit of Nondual training in a wide range of caring professions.

Module 1 is the first of 3 Modules of the training in Nondual Therapy.



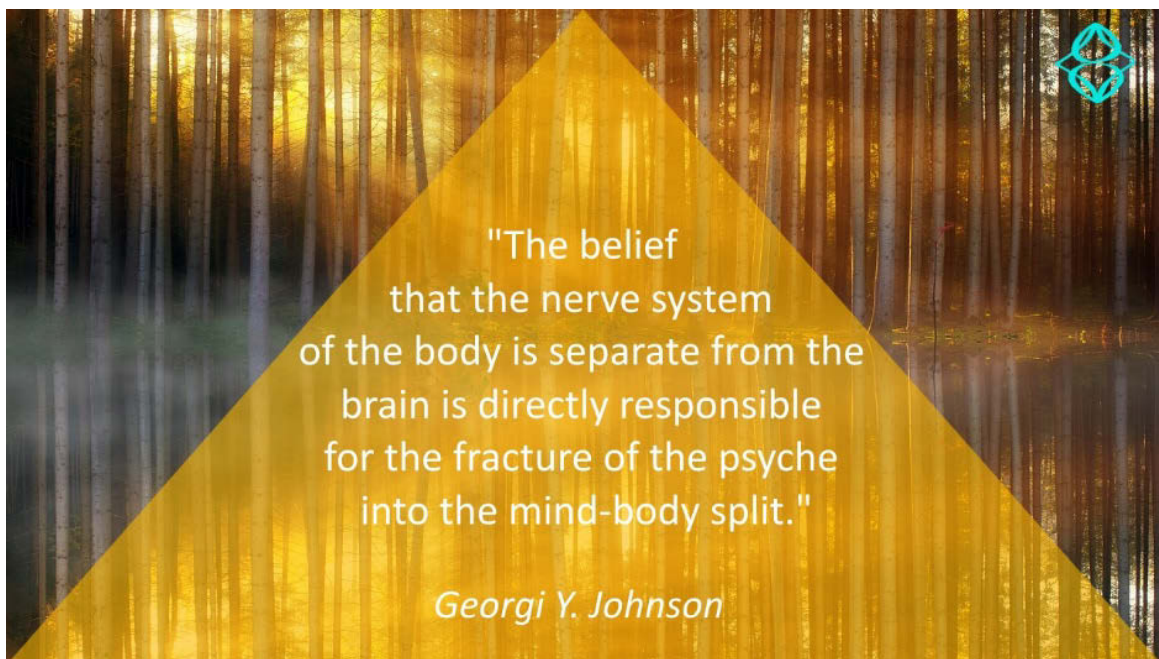


Practical Info

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- Lunch (vegetarian or otherwise) is included in the price).
- Accommodation is 70BP a night for single occupancy.
- Cost of course: 650 British Pounds.
- To register for the training, contact Georgi & Bart: info@iamhere.life
- For info. about the venue & room reservation: <http://www.lighthouse-uk.com/>



The Program

The Program includes discussions, meditations, exercises, partner work and plenty of space for breaks and for everyone's process. The aim is to encourage a relaxed fluidity in moving through the core of contractions while opening channels and a sense of safety and peace within the boundless (nondual) dimensions of experience.

Day 1

- Structure of the Psyche
- Awakening & the healing effect of consciousness
- The Here & the Now
- Techniques for Presence

Day 2

- Nonduality & True Nature
- The Software of Suffering
- Choice
- Techniques for Communication

Day 3

- The Nature of Contraction
- Stress, Depression & Relaxation
- The Felt Sense
- Techniques for Relaxation

Day 4

- Nondual Qualities
- Mind-Mood-Body
- Silence & Stillness
- Techniques for Transmission

Day 5

- Transpersonal Flows
- Being
- Source Unity
- Techniques for Grounding

