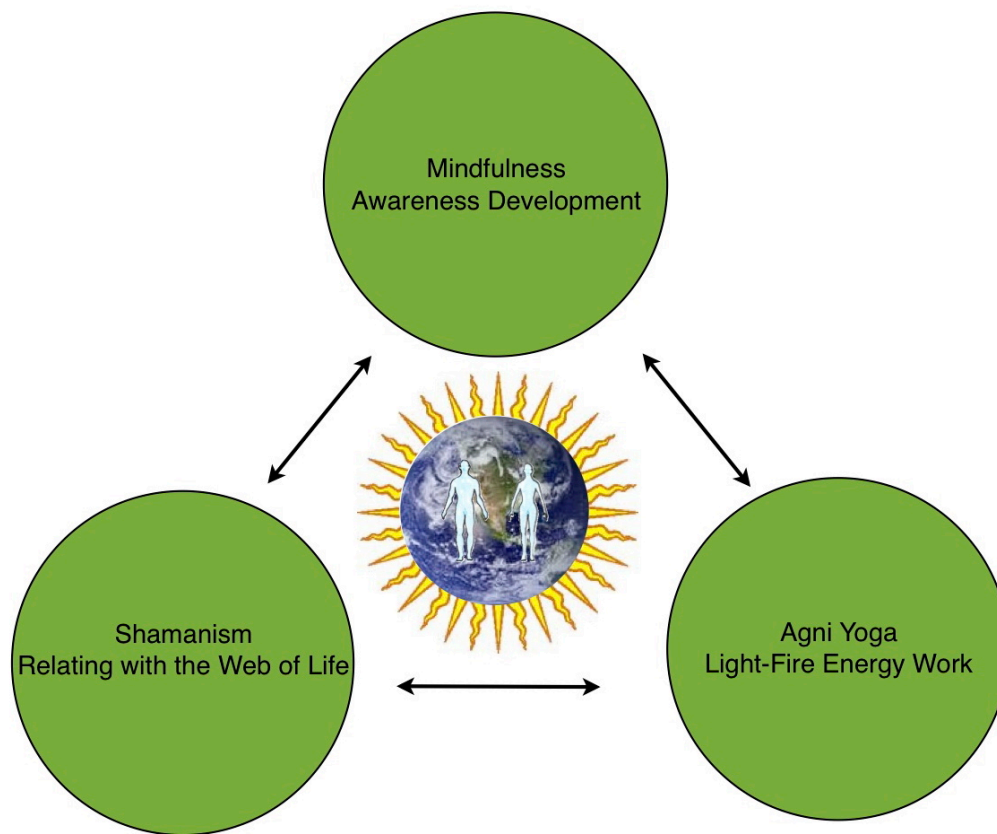


EARTHING

Spiritual Practices for Life on Earth



One Day Workshop

Sunday - Feb. 5, 2012

10 AM - 5 PM --East Bay location

\$90

The word 'Earthing' may sound strange, but it is the best word I know for describing the way of experiencing and expressing your essential nature's love, joy, wisdom and peace, in your body, mind, and relationships - experiencing the light of your spirit in your life on earth. It is the integration of my psycho-spiritual studies and teachings from the past 40 years.

While spiritual teachings focus on the experience of the infinite and formless essential nature, we live in physical bodies and have minds whose nature it is to be in relationship. The *Earthing* workshop is designed to support, encourage and empower you to develop a spiritual practice with a strong focus on the well-being of your body/mind and the family of living beings that comprise our home on Earth. This practice moves you towards a more sustained awareness of the Spirit within all that is, and at the same time a more conscious, respectful, and compassionate way of relating to whatever and whoever you meet in life.

We will focus experientially with three primary lineages of spiritual understanding, weaving them into an integrated practice.

~ **Mindfulness** is the meditative process that opens you to the pure field of awareness. In practicing mindfulness, you learn to have relaxed and focused attention, release judgements and reactivity, and open to compassionate allowance or acceptance of what is.

In this process, you cultivate witness consciousness, releasing your hold on the contents or 'things' of experience. You expand your sense of self, your sense of identity, and move towards inclusion or union with all that is.

~ **Agni Yoga** is the lineage of yoga in which you experience the union of body, mind and soul through accessing and channeling light-fire energy, life-energy from sources within your deepest nature. You explore the inner energy anatomy of your body/mind and learn ways to heal, balance, align and integrate all aspects of your Self.

In this work, we recognize that Beingness continually emanates energy (chi, life-energy, light-fire energy) which takes form in an infinite variety of ways as thoughts, feelings and physical forms which are progressively denser manifestations of energy. As we are each involved with a particular mind and body (usually identified as 'me' or 'I') we have the ability, however limited, to choose the direction of our own mind/body energy. We practice methods of consciously choosing to focus with and channel healing and creative energies for the benefit of ourselves and others. I am indebted to my teacher of Agni Yoga, Russell Schofield, who coined the term "earthing" to describe this process.

~ **Shamanism** honors the intelligence and consciousness within everyone and everything: humans, animals, plants, minerals and spirit beings. In shamanic practices, you journey into states of consciousness where the potential exists to develop respectful relationships and communicate with any and all beings in the web of life.

You open to the possibility of experiencing non-human and non-physical beings (or spirits) as agents of healing and guidance for your life. The approach we use here is to see what we discover, through our own experience, when we respectfully open to the perspectives of thousands of years of indigenous teachings and cast attention in the directions they point.