

TIBETAN PULSING

with Adima & Sudeva

Events in Hami Hill

THE HARA

CORE OF BEING - CONDUCTOR OF OUR IMMUNE SYSTEM

Activating and strengthening the Hara is what's needed in these times.

The hara is the core of our being. It is an energy centre. Physically it is located in the belly, 2 fingers width below the navel and as deep inside. It is the root of our instincts and the conductor of our immune system!

Tibetan Pulsing balances polarities. In time: from then to now - in Space: from there to here.

In balancing these polarities we begin to operate directly from our centre of consciousness, the HARA. Tibetan Pulsing activates the Hara function of self-awareness and stabilises the immune system. It discharges negative emotions, especially anger.

In the solar system of our internal consciousness the hara is the sun; the heart the earth; the mind the moon. To live in the cosmic consciousness of sun and moon and stars is what human beings long for. By using the pulse to balance the polarities in our nervous system, our centre of being shifts into the hara, our heart begins to conduct relationships and the brain and mind become useful servants. Tibetan Pulsing activates the energy channels and discharges the blockages, so that a natural and conscious reconnecting with true one-self can happen.

Treat yourself with the gift of five evening classes as a gateway to self, strength and your inner home.

In Hamilton Hill

START NEW DATES COMING UP

PRICE Single Evening: \$ 48.00
Five evenings: \$ 200.00

You can come to the first 3 evenings separately. Evenings 4 & 5 involve more complex exercises, for which you need to have done at least one of the previous evenings. If you haven't done any Tibetan Pulsing before, please contact us before you book!

Please bring:

Long leg loose pants; socks; a meditation/sitting cushion if you have one

Register on our website:
adimasudeva.com/booking-en

Registration and Booking Online
adimasudeva.com/booking-en
Call or text 0490 085 274

