

FRIENDS IN TRUTH - Meetings for Self-Inquiry (Satsang) In silence and dialogue



MEDITATIONS FOR DAILY LIFE

Supporting mindfulness, self-regulation and health

TRAUMA THERAPY

We treat shock and developmental trauma. Based on SE (Somatic Experiencing), attachment styles and the principals of NARM. The unique combination with Tibetan Pulsing supports healing for the body.



TIBETAN PULSING

uses the power of the heart for healing and self-awareness. Technically it uses acupressure and sound. It can assist with improving physical, psychological and mental conditions, back problems as well as migraines, eating-disorders or recurring heart breaks ... to name just a few. It is holistic and deeply relaxing.



TIBETAN PULSING IRIDOLOGY - the different kind of EYE-READING (also available online)

This Eye Reading differs from common iridology by using a holistic view on the causes of physical or psychological illness and psychosomatic conditions. It gives you an understanding of why you suffer and guides you in how to overcome this.



ENERGY HEALING FLOW

Intuitive body-energy work with psychic attunement and channeled energy. Floating and relaxing in a deep and safe space. Clients experience states of bliss and purification or the freshness to explore new directions in life.



Find our event schedule inserted in this flyer or on our website adimasudeva.com

Buddhas in the Marketplace



Spirituality • Therapy • Healing



What is it about

Light Path is about Self-Discovery, Health and Healing. We support you to explore and expand your human and spiritual potential. It is for a happy and healthy daily life.

Our work is holistic, transcendent and transforming. It combines wisdom and science from East and West in a broad spectrum of ancient and modern techniques for meditation, therapy and body work.

The Spiritual Aspect

Spirituality is often used as an 'escape from the world' or physical existence, in order to avoid hardship. Having found out that this doesn't work, we use spirituality as an ally to assist awakening into conscious realisation of who we are, while living ordinary lives.

"There is no such thing as a spiritual life versus a normal one. Life is just life. We are either awake and aware in the Here-and-Now or we are asleep and dream to be 'spiritual' or 'normal' or anything else ... with awareness the very ordinary life becomes peaceful." (Adima)

Who is this for

This is for ordinary people in daily life. It is for everyone who is in touch with an inner fire, with a longing to be free and the wish to live a happy and healthy life.

Whether you are a newcomer on the spiritual path or an advanced self-explorer, you're welcome to join consciousness, hands and hearts for transformation. In service of ourselves, one another and Mother Earth.

Please find more information on adimasudeva.com or contact us for a free Welcome Counselling.

Please note: what we offer is complementary, not alternative. It does not replace medical advice or medication. We're certified in Counselling, Psychotherapy, Hypnosis and various Body Therapies and Healing Arts

Adima and Sudeva Hawkes

Adima

Over time a shift happened from imagining how I should be to discovering who and how I truly am. I feel passionate about supporting that discovery in you.

The professional roles I play are named 'Spiritual Teacher, Intuitive Healer, Body Therapist'. I trained in many ways and apply tools where that appears to be useful. However, my strongest allegiance is with awareness and with trust in the magic of being present in this moment.



Sudeva

I was studying literature at Cambridge when my life took a turn to a spiritual path. Since 1996 I have worked as a Meditation Teacher and Body Therapist and graduated later as a Counsellor and Trauma Therapist. I also took roles as a family mediator and with child protection. For the people I work with I want the same as I want for myself: freedom from the clutter, the mental noise and emotional suffering. Rather than treating life as a "problem" I invite you to take the chance for transformation.



We offer

- Private Sessions for Individuals and Couples
Face to face and online
- Events, Groups, Retreats and Professional Trainings

We both have worked with people since the mid 90s in India, in Germany (Adima) and now together in Australia. Our union as partners in life led to this unique combination of Spirituality, Trauma Therapy and Body Healing, which we call 'Light Path Transformation.'

We're passionate about enabling our clients to help themselves.