

LIVING IN THE HEART

WITH ADIMA & SUDEVA



Basic Course for Liberation from Suffering Online in Zoom

English & Deutsch

Exploring Inner Wisdom and Esoteric Science

Tools, training and practice for clarity and inner harmony in daily life
with openness in mind and heart

List of topics and Booking on: adimasudeva.com

6 meetings in Zoom, 2.5 hrs April/May Sat 16:00 or Sun 9:30 (UK time)

April: Sat 13, Sun 21, Sat 27 / **May:** Sun 12, Sat 18, Sun 26

Price: £ 210 (ca. €240) List of topics and booking on adimasudeva.com

LightPath - Transformation for Body & Mind adimasudeva.com

info@adimasudeva.com

+44 7380 980003 (social media)



LIVING IN THE HEART - Online
English

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"The motivation for this course came from your sharing. We want to help clear up the confusion about esoteric, spiritual and therapeutic concepts and ideas. Keeping the door open to honesty, lightness and simplicity. The course is experiential, structured for the mind, humorous and open to the mystery."

Main Topics

Exploring in truth,
Growing in awareness
Understanding the mind and its mechanics
Opening to new ways of love and self-loving
Flowering of the silent heart

List of topics (may be extended)

Energy centres (chakras) and energy bodies and their connection (understanding things like "I have a block in the soundso chakra")
Where does illness actually come from?
What is healing really?
Understanding Trauma: what is trauma-related in the nervous system or in my behaviour, what is not?
Working with and transforming judgment, comparison, expectation
Techniques for pacifying the inner monsters, negativ emotions and unloved parts

Format:

6 x 2.5 hrs meeting in Zoom, LIMITED NUMBER OF PARTICIPANTS (10)

If registrations exceed the number substantially we'll make a parallel course available asap!

Participation and Recordings:

The intention is to be present for the meeting every time. This needs to be indoors, with the camera on and in private - no other people around or obligations and distractions. Couples can be on one screen, but may for some exercises prefer two screens if available.
The meetings will be recorded by the host. In exceptional cases of illness/emergency it will be possible to access the recording after missing a class.

Prerequisites and Payment:

At least 1 attendance to a Satyamitra Zoom meeting with Adima or an (online) session with Adima or Sudeva since 2021

Payment in advance: £210.00 equals ca EUR 240,00

ANY exceptions or special needs (e.g. reg. camera/health issues) need to be addressed before booking.

INFO, BOOKING and Payment:

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We're looking forward to see you there