



## light body

Meditation Holiday Workshop

8-11 August, 2014

Location: Centrum de Horst, Netherlands

*Finding the way to the heart - an experience of beautiful unique AcuEnergetics® light body meditative practices. They will be taught by Rupa Selecki, AcuEnergetics® Senior Practitioner and Teacher and founder of goldenflowerhealing.com*

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You will experience these ancient mystical practices which help awaken energetic centers - they are expansive, helping us on our journey to open and discover the light within. They are heart centered and based in ancient knowledge from Taoism, Sufism and the Sephiroth of Kaballah .

You will develop skills to move beyond the mind, open the heart and experience light, bliss and oneness . These meditations help to relax tensions in both mind and body and through the energetic system, help promote healing and health as well as emotional balance and happiness.

Until stillness can happen naturally these Light Body practices may be the most enjoyable vehicle to help us still the mind

The practices you will learn are simple, fun and effective and can be used in your daily life. They will enhance any other meditative or therapeutic practices you are doing and are suitable for both experienced meditators and beginners.

### Practical info: about the meditation holiday

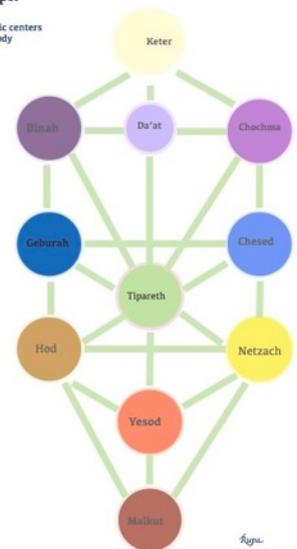
Daily program includes Shi Ba Shi Qigong every morning. These are gentle but powerful exercises from the Taoist tradition which help open the flow of qi, enhance the feeling sense and free tensions in the body .

We will move from basic practices such as the Inner smile and Inner breath to the more advanced light body practices such as Mystic Cross, Tree of Life, Circulation of the Light and Latifa heart meditation.

As well we will experience gentle and profound techniques to let go of emotional tensions

You will be guided to experience the different energy centres and their connections. You will be introduced to the mental and emotional aspects of your light body and how this understanding can help in our personal journey to oneness

Sephiroth  
major energetic centers  
of the light body



**The sephiroth (pictured) is a 3D representation of our energetic field , including our psychology and our personal journey of consciousness from self to oneness**



### Sample daily program

7.30-8.15 am Shi ba Shi Qi Gong  
9.30 -11am meditation session  
11.11.30 morning break  
11.30-1.00 pm meditation session  
1pm-2pm lunch break  
2pm-3pm questions & discussion

3-4pm meditation session  
4.00pm - 6.00pm afternoon break  
6.00pm - 7.00pm meditation session

All parts of the timetable are optional

The workshop will be held at De Horst Center (Horst meaning an elevated land and safe place ). It is located on beautiful ancient farm in the Dutch countryside. It is easily reached in about 2 hours from Amsterdam by train or car  
We will arrive after 4 pm, Friday 8 August & finish approx 2pm, Monday 11 August



Total cost includes three nights accommodation and all meals. Earlybird 385 E-for this please book and pay 200E by end of June. Full price 425E. There are different accommodation options available - please see [goldenflowerhealing.com/booking](http://goldenflowerhealing.com/booking) form  
Please register your interest and accommodation preference as soon as possible as accommodation options will be on a first come first served basis.

For further information please contact [rupa2@me.com](mailto:rupa2@me.com), +61 412 717 383 or Tarika Glubin [tarika@gmx.li](mailto:tarika@gmx.li) or visit [www.goldenflowerhealing.com](http://www.goldenflowerhealing.com)

### About Rupa

She was born in UK and lives in Australia where she has a full time healing practice, [goldenflowerhealing.com](http://goldenflowerhealing.com). Rupa has a BHSc in Chinese medicine and has studied modern and esoteric psychology, including mindfulness based psychology.

She is a registered Acupuncture practitioner. She practiced Acupuncture, Qi Gong and meditation for more than 20 years. Since encountering Acuenergetics® 7 years ago this has provided a new dimension to her work

As well as giving clinical treatment sessions in AcuEnergetics Rupa also teaches Acuenergetics® Healing and Meditation and is a senior AcuEnergetics Practitioner and Teacher. She has taught AcuEnergetics courses in Australia, The Netherlands, and teaches regularly at the Osho Meditation resort Pune, India.

**About AcuEnergetics®** This is a modern healing modality and its unique Light body meditations are forgotten practices, which Kevin Niv Farrow the founder of Acuenergetics, has understood and brought back to their practical aspects.

