



integrative wisdom path

PRESENTS

ANCIENT TIBETAN HEALING PRACTICE & the NEW SCIENCES:

Mind, Energy, & the Transformation of Consciousness

Optional 10 or 14 day experiential tour of the Celtic powerplace, Caer Sidi, the Island of Crystal, available through the CAIRN Consortium.

For more information, go to our website, or
<http://cairn-alliance.tripod.com/verdon.html>

NICE, FRANCE

FRIDAY - SUNDAY

OCTOBER 26 - 28, 2007

COST: 250 EUROS

A new wave of scientific research is discovering intelligence in our cells, consciousness in the universe, and changes in the structure of our brains as we train our minds. These revolutionary theories are supporting what Tibetan Buddhism and Bön, the indigenous religion of Tibet, have been teaching for thousands of years. According to this esoteric Bön tradition, all phenomena manifest on three levels: the physical, the energetic, and the mind. This ancient system utilizes mental visualization, sound, and the breath to penetrate the essential chakras and channels within the body, as well as the specific pathways and movements of energy that promote healing. As the world is experiencing profound and rapid changes, the discoveries brought about through the interface of science and spirituality have produced new ways for people to navigate the chaos and to harmonize their lives with higher levels of consciousness.

This workshop integrates new science, Western psychology and healing practices from Tibetan Buddhism, to create a map of the psyche and the body as a blueprint to understanding pathways of transformation. Each day, participants will be introduced to deeper levels of consciousness as they learn the following:

- The western and Tibetan view of mind.
- The nature of emotions and how they shape us.
- Identify the sources of our dysfunctional patterns.
- Learn integrative techniques, such as Visualization Breathing Exercises, Energy Work, and Meditation to balance those patterns.

www.integrativewisdompath.com

A transpersonal-Jungian psychotherapist, meditation teacher, and diplomat in clinical hypnotherapy, **Dr. B. Raven Lee** has been integrating Buddhist practices, dreamwork and shamanic healing with western psychology and interpersonal neurobiology in her private practice in Pasadena, CA. She has studied with shamans from Mexico, and is a Reiki Master and teacher. Dr Lee also utilizes alternative healing modalities such as EMDR, EFT, Breathwork, and energy movement. She is currently researching the healing principles of ancient Tibetan Bön-Buddhist meditation practices.