

SPIRITUAL CHAKRA HEALING WORKSHOP

with Gongmaster Dolph

at The Living Harmony Centre

Friday 17th – 19th May 2019

Every soul has incarnated in this time zone with a specific task. The main purpose of this workshop is to help you find that task, re-align the divine feminine and masculine forces within, and retune the chakras that have been holding you back from that soul's purpose and your multi-dimensional Be-ing. You will also learn to create a personal energy field for protection and meditation in your own house or garden so feeling inner peace on a daily basis can become your reality.

THE TEACHING

The foundation of the workshop is based on the 7 main chakras and their polarities in combination with the six-pointed star principle (Merkabah/ Seal of Solomon/Sacred Union). When a chakra is in harmony, in tune, in balance, it forms the sacred geometrical shape of the six-pointed star.

In this workshop, we consider the polarity of energies (negative & positive) that correspond to each individual chakra, facing the shadow/cause that could have brought disharmony through excessive or deficient energy, and what healing mode and affirmations you can use to harmonise it. Sound, and simple yoga postures, will be amongst the modes used.

For each chakra, you will receive 2 coloured triangles, which represent the 2 polarities of that chakra (for example: 1st chakra is red and has the polarity energy of fear and trust). You will learn about the natural flow of energies in each chakra, and how the different chakras work with each other.

SCHEDULE

Friday evening (approx. 3hrs)

- Introduction to the sacred geometry between the Divine Feminine and Masculine.
- Heart chakra: sorrow versus love\beloved
- Sound session: CONNECTING.

Saturday (10am-5pm)

- Lower chakras: birthrights 1st the right to BE and to HAVE, 2nd the right to FEEL, 3rd the right to ACT, ascending to the Heart chakra (4th).
- Sound session: INTEGRATION.

Sunday (10am-5pm)

- Higher chakras: spiritual guidance 5th is SOUND, 6th is LIGHT, 7th is THOUGHT, descending them down to the Heart.
- Sound session: UNIFICATION.



Venue: The Living Harmony Centre, Aston, Stevenage, SG27EU

Date: 17 - 19 May 2019 Cost: **Friday evening** introduction and sound healing (3 hours): **£35**

Whole course, Friday - Sunday: **Early Bird** if booked and paid in full **by 20th April: £150** After that: **£175** (Friday is **free** to those attending the whole course and is an integral part of the course)

Included in the cost: course materials, snacks and beverages during breaks. Lunch will be a Bring and Share event (vegetarian or fish only please!)

To book, contact Viviane vgharbe@gmail.com or 01438880486 for payment details.