

Sacramento Waking Down in Mutuality Workshop

Friday, July 31 - Sunday, August 2, 2009

EMBODIMENT: Dropping Down into the Feeling Heart

This weekend course will be a way of looking at the Waking Down in Mutuality work through the specific lens of Embodiment itself, and the way in which the Feeling Heart is at its core. The course will be a balance of conceptual and experiential participation, including work in small groups.

Our exploration will include:

- How Embodiment ("dropping Down") actually contributes to and deepens the experience of embracing both our Divine nature (Waking) and our capacity to relate with others (Mutuality).
- Seeing that "Waking" (including the second birth) and "Mutuality" are not simply ends in themselves and are in a certain sense, preparation in the service of being capable of deeper Embodiment.
- How "Down" work is not only the means for a deeper psychological integration, but a reaching into deeper nurturing in both an earthy and spiritual-energetic-nectar sense.
- The way that Embodiment both opens us to our own deepest impulses and to a Heart filled with compassion.

Presented by certified teachers of Waking Down in Mutuality ... www.wakingdown.org



MICHAEL GROSSMAN - Michael has been a Waking Down teacher for 5 years, offering sittings in the San Francisco Bay area.



LINDA GROVES-BONDER - Since her awakening in 1996 Linda has become a Senior Teacher in the Waking Down work. She teaches in the U.S. and abroad.

Price: \$295. \$265 if paid in full by the early bird deadline of Wednesday, July 15
Tuition support and payment plans are available.

PAY ONLINE at www.awakenedmutuality.org or via Gayatri Schilberg tel: (916) 456-3681

REGISTRATION & INFORMATION: gayatrischilberg@yahoo.com · tel (916) 456-3681

SCHEDULE: Friday evening, 7-9:30 PM · Saturday and Sunday, 10 AM-6 PM

LOCATION: Sacramento · tel: (916) 456-3681

Sponsored by The Institute of Awakened Mutuality ... www.awakenedmutuality.org

