

Body Resonance

A Quantum Medicine Approach

Body Resonance is a journey in conscious living. It is a training in all aspects of our lives, which allows us to value and elevate our existence. This journey leads us to discover the art of being ourselves and to open ourselves to the potential of our free and loving nature.

Body Resonance is a means rather than a technique. The aim is to reinstate a sacred and simple vision of the profession of healing as a vocation which encourages unlimited personal creativity and which can lead the individual to emancipation from limited concepts and habitual tendencies.

Body Resonance begins with the premise that there is no 'out there', there is only 'here', just as there is only 'now'. From this ground a healing field arises. We open to the empty space through which healing can occur.

Body Resonance is an invitation to become aware of and let go of our own boundaries; and to recognize that this is a powerful healing which transmits and encourages others to the same. Body Resonance is a reminder that the true healer leads by example.

Seminar Series

This 6-part series consists of 5 weekend seminars and a final 5 day intensive workshop.

Part 1: Source of Experience

We come in contact with all aspects of life through the body. By experiencing the body as a sensor, you learn to identify information with all your senses. You will be encouraged to bring awareness to your body language, and to develop awareness of what you are communicating on an unconscious level – the subtle messages we are all sending and receiving.

This first weekend explores the self, offering the opportunity to look at your core patterns of behaviour, your conditioning, how you react in situations of stress, your motivations for becoming a practitioner, the story you tell yourself of how things are.

Part 2: Creating my Reality

An authentic relationship with your client arises when you are able to observe and move beyond the story you tell yourself about 'how things are'. You will be encouraged to develop the 'watcher' – a powerful tool for change and healing.

In this second weekend we explore how your conditioning limits your ability to create a healing space. We will look at the conclusions we make about our thought patterns and sensations and how our identification with this 'story' creates our experience of reality.

Part 3: Self-Care for the Healer

Personal health, well-being and integrity are vital in any professional practice. Ultimately taking care of the self is the way to clear the ground to serve another. However, being in service to others cannot be at the expense of self. Compassion and healing is not self-denial.

In this segment we explore the care and tuning of your physical and energetic body. You will learn clearing techniques and how to maintain on-going practices which support personal and professional development.

Part 4: Beyond Projection

A premise of Body Resonance is that everything exists in your own body. Your body is a sensor – what happens 'outside' you resonates within you. In this workshop you learn how to distinguish between the vibration of your own body and what is resonating as a result of your client.

In the fourth part of this series we explore the nature of illness, of pain and health. We look at all the ways in which our healing modalities and our ideas and expectations about healing create separation and limitation.

This process continues to deepen personal trust and intuition.

Part 5: Witness to Possibility

We are more fully in connection with the healing field when we include ourselves and begin to shift our perspective from "why" to "how". When we move from asking the question "Why is this so?" to "How am I participating?", we undergo a transformation from resistance to acceptance; thus creating the foundation for responsible action.

In the fifth part of this series you continue to learn how to get out of your own way by investigating what actually is happening between client and practitioner. You become aware that you are not simply an observer of the process of healing but are also an integral part of it.

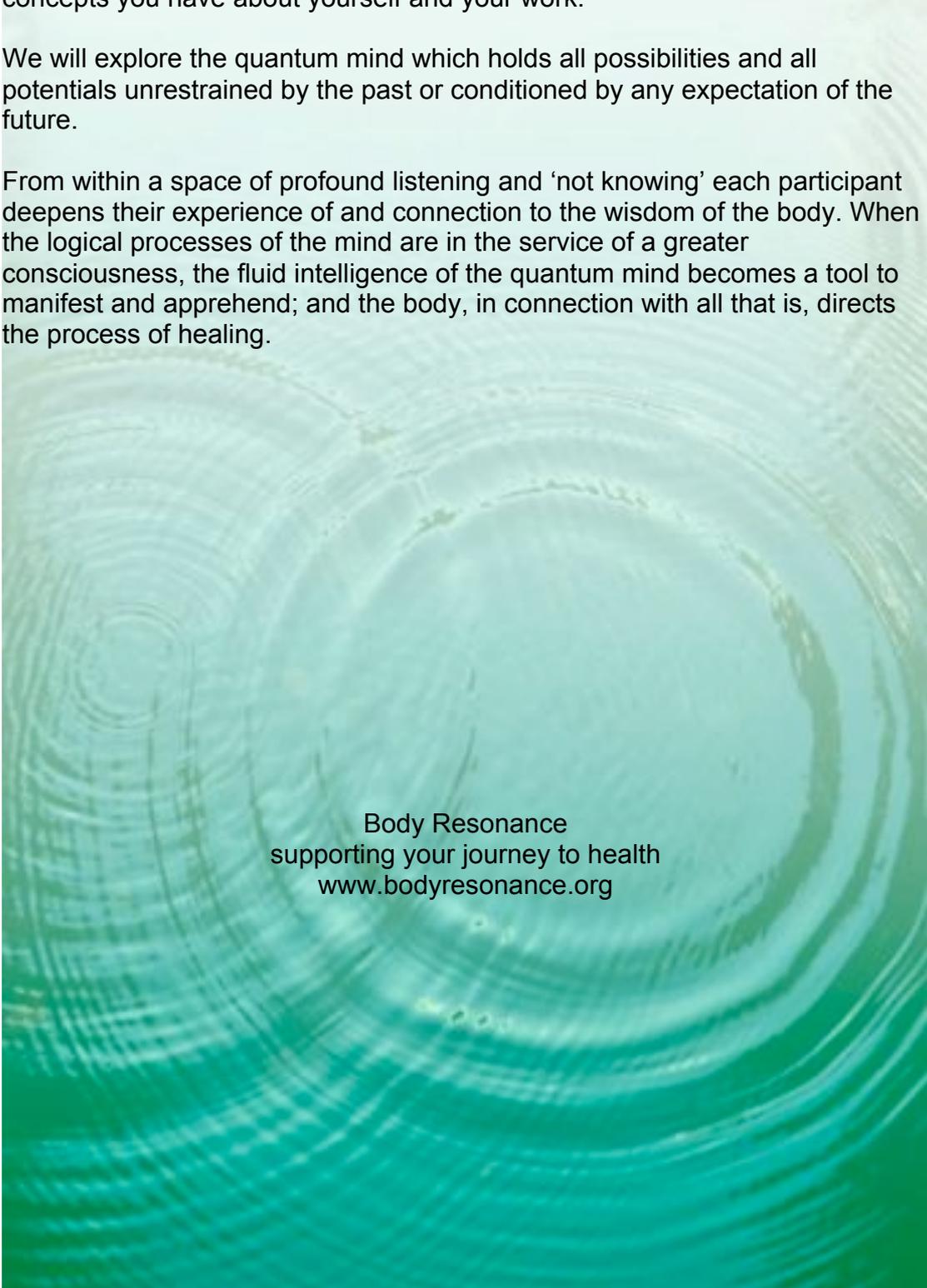
In this healing field we will explore going beyond any learned techniques to make space for new creation.

Part 6: Not knowing – exploring the quantum mind

The last segment is a longer event, a sustained immersion in the healing field, designed to support the practitioner to take a leap into a deeper level of the Body Resonance approach. You will be challenged to let go of all ideas and concepts you have about yourself and your work.

We will explore the quantum mind which holds all possibilities and all potentials unrestrained by the past or conditioned by any expectation of the future.

From within a space of profound listening and 'not knowing' each participant deepens their experience of and connection to the wisdom of the body. When the logical processes of the mind are in the service of a greater consciousness, the fluid intelligence of the quantum mind becomes a tool to manifest and apprehend; and the body, in connection with all that is, directs the process of healing.



Body Resonance
supporting your journey to health
www.bodyresonance.org