



Nordic School of Holistic Medicine ApS, Copenhagen, Denmark

3-Day Course in Spirituality and Self-Inquiry. A Training Course in the Theory and Practice of Scientific Holistic Medicine (CHM).

Ockham nr. Guildford, UK. 15th – 17th June 2012

(The training is in English)

This is the last course out of a series of five courses, which will lead to Practitioner qualification. All courses can be booked individually and are open to and suitable for everyone interested in personal development.

From the Oracle of Delphi to modern day holistic medicine all major aspects of health, happiness and ability come from knowing one self. The core of holistic medicine is therefore guided and supported self-exploration. The methods for this have since the beginning of medicine been simple: therapeutic talk and touch. Even today mind-body medicine using a combination of these two basic techniques is one of the most powerful types of medicine known to man.

Self-inquiry reveals that human existence consist of many layers. At the core is consciousness and its sourcing in the Self, the divine beingness out of which the whole world emanates and which often has been called things unconceivable and abstract names like "infinity", "love", "emptiness" and even "God". Consciousness resonates in the body as "I am" and gives us the fundamental experience of living in this world. The "I am" can identify with the body and give rise to the fundamental identity, which again can be extended into the ego. Ego can again be extended into all kinds of fantasies, imageries, visions, philosophies etc.

The step from fantasy to ego is often difficult, as one tends to get away from the ego. The step from ego to identity is often also emotionally difficult as we have all kinds of emotional problems related to body, gender and sexuality. From the identity the next step towards identity goes to consciousness and awareness, and from here there is only one step back to the source, the divine and eternal Self.

About the course:

At this course we will practice the traditional methods of guided self-exploration and self-inquiry, to realise the Self. The participants will work on their own and in pairs and groups to obtain their goal of self-realisation. The course is training in scientific holistic medicine (CHM); it gives you 24 hours of intensive, training in the theory and practice of scientific holistic medicine.

If you are interested in developing your medical or therapeutic practice to make it more holistic or in practicing alternative non-drug medicine of any kind this course will give you a good insight in the art and science of holistic mind-body medicine and existential healing.

Recommended book and videos for this course

Manjusri and Zenji. Breath of the absolute. Dialogues with Mooji. Mumbai: Yogi Impression Books Pvt., Ltd. 2010.

The satsang videos on www.mooji.org

Pre-requisites:

No pre-requisites are necessary but if you have a physical or mental disorder you must let us know before the course.

Criteria of exclusion:

You can't participate if you take anti-psychotic drugs.

About the teacher:



Søren Ventegodt, MD, EU-MSc-CAM holds the European Masters degree in complementary, psychosocial and integrative medicine and is often acknowledged as a leading researcher in holistic medicine and quality of life. He has written about 200 scientific papers on holistic medicine and the course is based on the five textbooks in holistic medicine he has co-authored. He is the director of the Research Clinic for Holistic Medicine, Quality of Life Research Center, and Nordic School of Holistic Medicine, Copenhagen. He is editor of the Journal of Alternative Medicine Research published by Nova Science Publishers in New York. His unshakable belief in the great significance of spiritual and sexual health for the improvement of quality of life, physical and mental health has made him one of the controversial thinkers in today's scientific and medical world. He is a dedicated student of Osho, Sathya Sai Baba and Mooji.

Costs:

£ 350 / 400 EURO / 3400 DKR there will be a **payment plan available** for any of the courses, to help you to make it happen. (Please do get in touch to discuss your needs, and we aim to work towards this.)

Venue:

Is the beautiful Ockham barn, set in the Surrey countryside, with easy access to the A3/ M25 near Guildford. It is about 35 minutes to Heathrow airport or Gatwick Airport. There is local accommodation in the village of Ripley and many more options if you have a car. The venue address is: The Barn, Guilehill Lane, Ockham Surrey GU23 6NG For information about local transport and accommodation, please contact Gudrun.

Course times:

Friday: 9:00 am registration for 9:30 am – 6:00 pm

Saturday: 9:00 am – 6:00 pm

Sunday: 9:00 am - 4:30 pm

If you have any questions, or to book your place, please contact:

Gudrun Wiedemann on land line: (+44) (0)1483 476 599 mobile: (+44) (0)7948 735 475

e-mail: bodytalksurrey@virginmedia.com

Please book your place early; it helps us putting everything into place and the course run smoothly.

Payment or first instalment of payment plan is due 1st June 2012