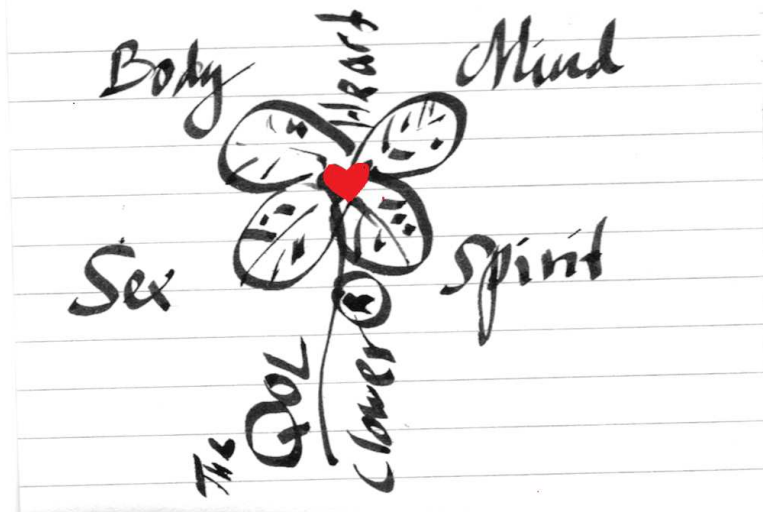


Nordic School of Holistic Medicine ApS, Copenhagen, Denmark

5-Day Summer Training Camp in Holistic Medicine – Develop your practice skills in clinical holistic medicine. 17th – 23rd July 2011, Elsebråne, Sweden



**Improve the quality of life
Induce emotional, existential and sexual healing
Improve physical and mental health
The art of spontaneous life management**

**The training will be in English
Location near Karlshamn, Sweden
about 2 ½ hour's drive from Copenhagen by train/car
including basic accommodation and food only**

£ 530/ EURO 600/ DKK 4500/ SEK 5000

To book your place, please contact Søren on Ventegodt@livskvalitet.org or

Gudrun on 0044 1483 476 599 or 0044 7948 735 475 or
e-mail bodytalksurrey@virginmedia.com

This 5 day course focuses on philosophy of life, on getting to know yourself, to be become aware and to embrace your true potential. It will have a profound impact on your quality of life, induce emotional, existential and sexual healing, improve physical and mental health and introduces you to the art of spontaneous life management.



In a relaxed and happy atmosphere will we train our practical skills in holistic talk and touch therapy, work with emotional and existential healing, eat good, vegetarian food, take long walks in one of Blekinge's most beautiful nature reserve, situated just next to the farm, and enjoy sauna, lake swimming and other jolly exercises.

Self-inquiry will be inspired by video-satsangs with the spiritual masters Sathya Sai Baba, Osho, Papaji and Mooji.

Living is simple here; every evening we will meet and have a good time singing around the camp fire.

The farm is ruins of a big farm rebuild 1844, and is not even of the standard of a one star hotel, but more like a scout's cabin. Everything is very simple, old, rustic, and not at all modern. Don't expect more than that.

What people are say about Dr. Ventegodt's Classes:

"Watching Soren work so intuitively with people is a great privilege as his individual sessions had a profound impact on people. I like the simplicity of the work he does, some of which would take years of psychotherapy or some other form of therapy." P. Reading, UK

"Simple – profound - transforming!

Soren is a breath of fresh air with his kind, generous, sincere and sometimes humorous approach. He creates a secure, safe environment where participants can explore and unfold into. The teachings are simple, yet so utterly profound. This experiential workshop gives participants a reference point to what is beyond words and concepts." G. Woking, UK

"The information and experience will be life changing. I liked the new insight into holistic therapy treatments and the refreshing change to be led by an open, honest and sincere person."

C. Southampton, UK

Course Content in Detail:

Day 1: Quality of life and spontaneous life management

Can you be truly happy? Of course you can. All it takes is a fair amount of insight into yourself. You need to understand your ego and your own divine nature in your human core; and need to use all you are wisely and in loving service of others. When you are happy you can love and when you can love others you can help them to heal their life.

Consciousness is the key to personal freedom, beautiful and effortless being, a healthy body and mind, emotional intelligence, the gift of unconditional love and an unbound, happy one-to-one relationship. Understanding your life includes a deep seeing into the identification with body and mind, and this will free all aspects of you, from mind to sexuality.

Profound self-insight allows you to understand your role in the world and to engage all your personal resources and talents of body, mind, spirit and heart in your living. Your life will spontaneously self-organize as you become an integral part of the universe and tap into the many intelligences of the healthy, awakened human being.

Recommended book:

Ventegodt S, Kandel I, Merrick J. Principles of holistic medicine. Philosophy behind quality of life. Victoria, BC: Trafford, 2005.

Day 2: Physical health and healing of the body

Physical health cannot be understood separate from mental, spiritual and sexual health. The energies and inner order of the human body is strongly associated with our consciousness and the way we live. The last decades of research has documented that patients who changes their lifestyle, and develop their self-insight and ability to feel and be loving, to be close and intimate with others, often can heal even a sick heart or cancer. A famous example is Dean Ornish's holistic-medical cure of coronary heart disorder, which is now acknowledged even by the American health care system Medicare, and Dean Ornish has also recently shown dramatic positive effects on cancer of holistic mind-body medicine.

The classical European holistic medicine is the Hippocratic Mind-Body medicine, which the last two decades has been developed into scientific holistic medicine (CHM) by a team of 25 dedicated researchers and therapists. This kind of medicine has supported self-exploration and self-inquiry at its core. In this course we will work with this method to learn the basic principles of holistic healing of feelings and existence. Emotional healing has three simple steps: Feel, understand and let go of negative believes.

The participants will be trained in medical ethics and the art and science of holistic talk and touch therapy. Side effects and precautions of holistic therapy will also be discussed.

Recommended book:

Ventegodt S, Kandel I, Merrick J. Principles of holistic medicine. Quality of life and health. New York: Hippocrates Sci Publ, 2005.

Day 3: Sex, love and the happy one-to-one relationship

To be a good holistic practitioner you need to be able to work comfortably with the body. Most people have problems around sexuality so you need yourself to understand your own sexuality and have a fair degree of sexual health. At this course we look into some of the holistic theories and models of sexuality and the principles and practical methods of sexual healing.

Sexuality is the life force, and only when sexuality and consciousness meet and merge together in a balanced wholeness can we be happy and healthy. The sexuality of men and women are quite different and a good understanding of the art of communication as well as one's own and the other gender's sexuality is necessary for a happy and well-functioning one-to-one relationship.

Love and sex must go together if sex and relationship is to be beautiful and happy. We explore into this relation and we help each other to heal sexually. The classical methods of talk and touch therapy and self-exploration and self-inquiry will be used.

In this course we will work with these methods to learn the basic principles of holistic healing of feelings and existence. Emotional and sexual healing has three simple steps: Feel, understand and let go of negative believes.

The participants will be trained in medical ethics and the art and science of holistic talk and touch therapy. Side effects and precautions of holistic therapy and sexology and the problems of projections and transference will also be discussed.

Recommended book

Ventegodt S, Merrick J. Sexology from a holistic point of view. A textbook of classic and modern sexology. New York: Nova Sci, 2011.

Day 4: Holistic medicine for mental disorders and healing of the mind

Mental disorders continue to torment mankind and today a major fraction of the population in the western world suffers from depressions, anxiety, psychosomatic pains, schizophrenia-like psychoses and personality disturbances. Holistic psychiatry has been an integral part of the traditional European mind-body medicine going all the way back to Hippocrates 400 B.C. The key to healing has always been supported self-exploration and self-inquiry, and knowing oneself has always by this tradition been considered to be only efficient medicine for mental disorders. The last three decades of research has documented that talk and touch therapy is highly efficient in treating most mental disorders, and in this course we teach the traditional methods of holistic mind body medicine.

This classical European holistic medicine you are trained in has over the last two decades been developed into scientific holistic medicine (CHM) by a team of 25 dedicated researchers and therapists. Its core is supported self-exploration and self-inquiry.

During the course you will learn the basic principles of holistic healing of feelings and existence. Emotional healing has three simple steps: Feel, understand and let go of negative believes. As

negative beliefs are systematically processed and dissolved the mind is healing and returning to its natural, relaxed state.

The participants will be trained in medical ethics and the art and science of holistic talk and touch therapy. Side effects and precautions of holistic therapy on mental patients will also be discussed.

Recommended book

Ventegodt S, Merrick J. Principles of holistic psychiatry. A textbook on evidence-based holistic medicine for mental disorders. New York: Nova Sci, 2011.

Day 5: Spirituality and the art of self-inquiry

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.

Recommended books and videos

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

The satsang videos on www.mooji.org

For a complete list of recommended books/videos for this course please scroll to the end of this document.

About the course

The participants will work in groups and with a partner chosen amongst the participants to establish their own personal truth and realise how to live it. Classical methods of holistic therapy and supported self-inquiry will be used. The camp is training in scientific holistic medicine (CHM); it gives you 50 hours of intensive training in theory and practice of clinical holistic medicine. **Experience, has shown, attending this course can be as effective as about ½ year of therapy. The maximum number for this course is 30 participants**

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 emotional, existential and sexual healing.

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 cannot 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.

The course is subject to change

Please notice that the order or the days and the curriculum of the course might be subject to change, according to the needs of the participants and the development of the course from year to year

Itinerary, Costs, Travel, Booking

- 5-day training camp, Week 29 from 17th-July 16:00 - 23rd July 12:00
- at Kursusgården Elsebråne, Elsebrånevägan 588-8, 374911 Asarum
I Elsebråne, Asarum, Karlshamn, Blekinge, Sverige
- Training summer camp in holistic medicine – developing your practice skills in clinical holistic medicine: improvement of quality of life, induction of existential healing and the art of spontaneous life management.

Including vegetarian food and basic accommodation

530£/600EURO/4500DKK/5000SEK.

Travel from Copenhagen Airport to the venue:

From Copenhagen airport is a direct train link to Karlshamn. From there it is about 10 minutes taxi ride (Euro 30)

17th July 2011 Leave Copenhagen airport Kastrup	17th July 2011 Arrive Karlshamn	23rd July 2011 Leave Karlshamn	23rd July 2011 Arrive Copenhagen airport Kastrup
11:06	13:21	12:37	14:53
13:06	15:21	13:37	15:53

You can book your train ticket on www.sj.se

There is on the top left corner a tap for English language setting.

Flights from the UK to Copenhagen

are limited in regards to travelling on the 1st and last course day. I have attached a file with the flight schedules for the main London airports. I will be going on this course and if you like, you are welcome to join me travelling to and from. I recommend booking your flight asap.

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

Gudrun Wiedemann on

land line: 0044 1483 476 599

mobile: 0044 7948 735 475

e-mail: bodytalksurrey@virginmedia.com or ventegodt@livskvalitet.org

Payment by electronic transfer to

Danske Bank

Reg.nr: 4180

kontonr.: 3113447346

Søren Ventegodt, Livskvalitetsinstituttet ApS

Frb. Alle 13 A, 2.t.v. 1621 Copenhagen V

CVR: 21388602

IBAN: DK0330003113447346

SWIFT: DABADKKK

or cheque to Gudrun by 10th July 2011

Recommended books and videos for this course

Ventegodt S, Kandel I, Merrick J. Principles of holistic medicine. Philosophy behind quality of life. Victoria, BC: Trafford, 2005.

Ventegodt S, Kandel I, Merrick J. Principles of holistic medicine. Quality of life and health. New York: Hippocrates Sci Publ, 2005.

Ventegodt S, Merrick J. Principles of holistic psychiatry. A textbook on evidence-based holistic medicine for mental disorders. New York: Nova Sci, 2011.

Ventegodt S, Merrick J. Sexology from a holistic point of view. A textbook of classic and modern sexology. New York: Nova Sci, 2011. Manjusri and Zenji. Breath of the absolute. Dialogues with Mooji. Mumbai: Yogi Impression Books Pvt., Ltd. 2010.

The satsang videos on www.mooji.org

For more information search "Ventegodt" on www.pubmed.gov and www.livskvalitet.org/Forskningscenter