

Manual for the Now 6/10 10-12

Bijgedragen door Alec Boswijk
maandag 26 september 2011
Laatst geupdate op donderdag 06 oktober 2011

Now is the time to be authentic, reflect, act, communicate and connect. But can we do more than one thing at the same time?

Energieregie presents a clear vision on energy, health and sustainability. Three essential issues, determining not only our future, but increasingly influencing the here and now. Entangled as we are in our surviving mode, it's an every day challenge to find a balance between matter and spirit. You might have found some pieces of your puzzle, but how you're gonna put them together?

Grasping this holistic matrix, grounded on a handful of simple principles and unique dimensions, will help you understand:

- 5 dimensions of energy, related to the elements: earth, water, fire, air & ether
- the principles behind these sub-energies, their dimension and qualities
- how they work both separately and connected to each other
- 3 levels of organisation: resources, human body and community
- how to obtain healthy resources, healthy people and healthy communities
- how to act in the moment, by become aware of what energy is due
- how to become healthy, feel, create, be transparant and flow
- how to connect yourself with the community The Introduction is given in English by Alec Boswijk, beginning master in Raja Yoga & Occult Science, owner of the Centrum voor Energieregie.

Workshop €15; €25 including raw-food lunch.

Availability is limited so registry (by mail, also for lunch) recommended.

Enlisting via Facebook appreciated

Please come at 9:45, we start at 10:00.

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