

:: Healing by Archetypes ::

Studio Al Limite



- **tantra practicum** -

TrueTantra Academy / Brussels, Belgium

Organized by Tantra al Limite

Healing by Archetypes...*a structure tantric experience*

Tantra as a milenary practice gives to us a transformative experience that allows you to expand and liberate yourself as a human being.

This weekend we want that you can have an experience that is a life living momentum, but that this one can be embodied either as a liberation, knowledge or as a transformative process.

The transformative part comes in when we take that grief or bitterness or suffering and let it be the catalyst that impels us to a new state of being; that instead of experiencing our emotions as random stepping stones, we allow ourselves to see the path that is forming at our feet and dare to take it, follow it to a new awareness.

The transformative part means *we change who we are, instead of merely* how we feel.

Our bodies, like everything else, are communicators to us. They communicate our divinity, in an immediate, uncomplicated manner. Our bodies are as profound a source of wisdom to us as our minds and spirits. They are faithfully attuned to our highest path, even though we are ashamed of them, hate them and, more often that not, attempt to control their expression.

The difference between change and transformative change is this: We change every day—in surface ways. We move from happy to sad or annoyed to bitter, patient to suffering. Those movements don't fundamentally change us; rather they are part of the human range of emotions.

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An archetype is part of the human experience—it is a classic stage in emotional and psychological development and it comes to all of us at different times and in different ways. When we undergo transformative change, we move from one archetypal stage to another.

Archetypes can be a hugely helpful tool when looking at characters and their growth. We know a character must change or grow, attain some new level of awareness and archetypes can be an effective way to tap into that because they can help chart or steer our protagonist's transformative progress.

Carl Jung, a 19th century psychoanalyst, coined the term “archetypes,” as he recognized that every culture in every time in humanity possessed the same body of symbols. The root words are *archein*, which means “original or old,” and *typos*, which means *pattern*. The literary archetype, then, is the “prototype, original pattern, model, recurrent type” – the original after which all future models replicate. The term “archetype” has its origins in ancient Greek.

This time we will work directly with the

Basic process of the Archetype:

- The Symbol, the idea and the concept creating the link.
- The Individual and the universal aspect where do i want to work ...
- The sacred contract, the awareness and the compromise.

- Archetypal Situations

- a. the initiation
- b. the task
- c. the quest
- d. the fall
- e. death and rebirth

This is a workshop that will require vulnerability, courage and compassion. It is designed to make you uncomfortable or generate an experience, if any fear or shame about your body exists in you. We are going to see, do and share intimate and absurd things that will show you which area of physicality is holding your resistance or repulsion. If you have it in you to play, you can finally surrender your shame and self-hatred and form an unconditionally loving partnership with your body for life.

All our activities will be designed by *Tantra Kaula Sacred tools* in which we will work with an specific archetype symbol and situation.

Where ?

Brussels is a city that is very well connected and where the energy can be expanded in a unique way. This will be an urban retreat, so you can stay in a nearby hotel, but you can also choose to stay at Studio La Limite, where we work. **Studio La Limite is a spiritual practice centre, where arts, life and different body practices find each other. Both a workshop centre and a lively monastery, the Studio is a centre for encounter of therapeutic body work, spiritual development, and exchange. The studio has a strong atmosphere, nurtured by daily doses of intense spiritual work and sparkly encounters.** Address: Rue de la Limite 93, 1210 Brussels (St.-Josse)

Cost of the Seminar

465 euro (390 euro for the course + 75 euro for the food). * * * For details on meals & overnight stays go to the end **NOTE**

Details...

The classes will be from 9.00 hrs. until 18.00 hrs. during the 4 days, but Thursday we start at 10.30hrs finishing at 19.00hrs. We will have break for Lunch and tea breaks.

To Bring

2 towels , one beach, one normal. Sarong, Stone or Jade Massage Stick for acupressure &. Olive or coconut oil. Comfortable clothing. Notebook, USB

Staying at La Limite.

It is also possible to stay over at Studio La Limite, sleeping all together in the Studio space. We have 10 mattresses, you bring sheets/sleeping bag. To stay for the whole course (including wednesday evening and/or sunday), you pay 30 euro. Please communicate directly to Studio La Limite to block your space to stay on the premisses!.

All meals are vegan and freshly prepared. If you are staying at a hotel nearby, let us know if you join for breakfast. :: Price for all meals: 75 euro ::

On Wednesday night there is a Tantra class, taught by Elle, from 7-10pm, so you will only be able to make your bed after... If you are interested to follow the class (very limited availability), let us know.

Deposit & Registration

Please reserve your place by sending a mail to studiolalimite@gmail.com. once we get your reservation, you can pay **465 euro (390 euro for the course + 75 euro for the food)** through **PayPal**, using the link [paypal.me/ studiolalimite/465](https://paypal.me/studiolalimite/465). or **transfer** the money to the account of **THE MONASTERY vzw on BE67 7340 4388 0987, KREDBEBB**. once we have received your payment (and only then!) your reservation is definitive.

If you would like to sleep over, you can pay when you arrive. please pay as soon as your reservation is confirmed. we only have limited spaces available.



Anand Rudra,

Being raised in a Shamanic culture by father (Mexican spirita and shaman) and by the grandmother (Yaqui Mexican Medical Woman) Since he was young, he was attracted to the esoterica world. He has been studying tarot, psycho-magia, symbology, ritualism, tantra, sacred geometry and shamanism. For the last 15 years, he has developed and rescue the ancient Kahula Tantra practices and Ancient Tantra Kriya Yoga. More info. www.truetantra.eu

This Class is open to all.

In your email please mention your last name, address, mobile phone number when signing up. Upon reception of your email and payment we will send you an invoice. *Your reservation is secured after payment.*



Sharing Knowledge:

Anand Rudra

truetantra mentor

Yoga Alliance Teacher

Deconnection University faculty member

www.truetantra.eu

Please don't forget to book your own travel and stay in time!

TrueTantra

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