

LEVEL 3 COBRA BREATH ESSENTIAL PRACTICES: BLISS OF DIVINE LOVE



**FACILITATED BY PAT SHEEHAN AND
NAYANO BURDINE**

**APRIL 7-10, 2012 ~ PARSONAGE SIDE
RETREAT, SOMERSET**

**£610 to include accommodation meals & study
materials ~ Limited to 12 participants**

- ❖ **OPEN YOUR HEART TO UNCONDITIONAL LOVE**
- ❖ **EMBODY INTIMACY AND COMPASSION**
- ❖ Enter timeless states where miracles occur

You are invited to apply for the Level 3 Essential Practices class after successful immersion in the Level 2 practices. In this class, you see that life is an opportunity for Divine play and delight as you learn to give and receive unconditional love, experience less of a sense of separateness, hence becoming more available for true intimacy, communication and compassion.

EXPERIENCE A SERENITY THAT IS PROFOUNDLY EXPANDED AND YET DYNAMICALLY GROUNDED. ENTER A NEW PHASE OF RELATIONSHIP, BASED ON LOVE RATHER THAN NEED. RECEIVE THE THIRD LEVEL COBRA BREATH INITIATION.

IT IS RECOMMENDED THAT YOU HAVE AT LEAST 6 MONTHS OF CONSISTENT PRACTICE OF THE LEVEL 2 COBRA BREATH AND SYMBOL CARD MEDITATION BEFORE APPLYING FOR THE LEVEL 3. TO ASSESS YOUR READINESS WE ASK THAT YOU COMPLETE THE SELF-EVALUATION BELOW AS PART OF YOUR APPLICATION.

SELF REFLECTION :

BEGIN WITH SELF-REFLECTION BASED ON THE FOLLOWING CRITERIA. THEN WRITE A SHORT LETTER TO IPSAUTANTRAEUROPE@GMAIL.COM. YOUR MAIL WILL BE TREATED IN CONFIDENCE AND FORWARDED TO ONE OF THE CLASS TEACHERS FOR REVIEW.

1. CONSISTENT COBRA BREATH PRACTICE.

2. REGULAR SYMBOL CARDS PRACTICE SO THAT THE LOWER CHAKRAS FEEL OPEN. (IF YOU WISH, YOU CAN OBTAIN A PENDULUM READING FROM BODHI TO SEE IF THE 10-10-10 LOWER CHAKRA OPENING AND THE 400/40 MENTAL/EMOTIONAL BALANCE HAS BEEN REALIZED.)

3. BEING THE WITNESS (WITHOUT JUDGMENT) OF THOUGHTS, SENSATIONS, PROBLEMS, FEELINGS AND DESIRES CONSISTENTLY, EVEN IN CHALLENGING SITUATIONS.

DEPOSIT OF £250 SECURES PLACE. FOR FURTHER INFORMATION, CONTACT. ~ GERRY RUSSELL : 01453 825123 (H)/ 07796591071(M) IPSALUTANTRAEUROPE@GMAIL.COM

WWW.IPSALUTANTRA.EU

Cancellation Policy:

A £100 fee is deducted from all cancellations. If notice of cancellation is received more than 8 weeks prior to the course, the deposit and any payments made, in excess of £100, are transferable to a future Ipsalu Tantra Europe course. If notice of cancellation is received less than 8 weeks prior to the course, all payments are forfeited,

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