

## THE GREEN WAVE

### Exploring What Is Important To Us In Terms of Our Values and Ethics.

An important part of our development is getting clear about our values as they are the building blocks of our integrity and the foundation of our life. Going against our values or what has meaning for us, is harmful to us. We cannot stand for who we are in our work and relations. In this retreat we will be working the organs of the GALL BLADDER and LIVER.

### GALL BLADDER (Lime Green)

Referred to as the starter motor in the body as it kick starts our energy into action, similar to how the ignition key starts the motor in a car. It is through the gall bladder that we develop freedom, freedom to love, freedom to the right of the pursuit of happiness when it interferes with no one else's happiness. Freedom comes with responsibility. The gypsies love to be free and in this world the lesson of freedom goes hand in hand with responsibility.

It is also like a bird taking flight and deals with something called HOPE and DESPAIR. It looks forward very much to the journey with great hope and expectations and this identification often ends in despair. Oh, it is not what it promised to be. Like a bird flying high in the sky, hope, hope, hope and then coming back down to earth again, despair, despair, despair.

This can cause manic depression for the gall bladder, an aggressive form of depression as it puts so much energy into making something happen and then it does not work out. It can also suffer from hatred of the mother influence and lack of support from the father.

The gall bladder circuit also has to deal with addictions, like drug addictions or emotional addictions and patterns like jealousy.

The gall bladder is teaching us how to master freedom and responsibility giving us independence the right to pursue happiness as our birthright.



**Venue:** Boswedden House, Cape Cornwall, Nr St Just  
**Time:** 7:30 to 10pm Friday; 10am to 6pm Saturday, Sunday & Monday  
**Date:** 1<sup>st</sup> to 4<sup>th</sup> June, 2012 [to be confirmed]

Bring a packed lunch and plenty of water