

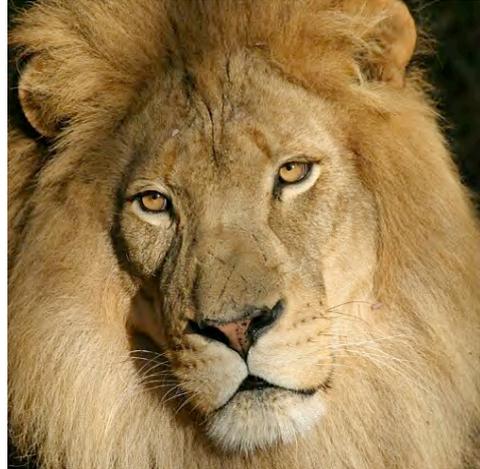
Tibetan Pulsing Newsletter

July 2011 - MAGNIFICENT LEO



"Every time you are tempted to react in the same old ways, ask yourself if you want to be a prisoner of the past, or a pioneer of the future"

Deepak Chopra



Well what a ride we've had these past weeks, deep and powerful feelings running as we moved through Cancer, activated by a solar eclipse at the beginning of the month and full moon on the 14th July. Many of us have had strong heart clearances. Many old and intense feelings resurfacing and mostly everyone wanting to be quiet, to go inside and take it easy.

The eclipse was a powerful indicator of the next six months giving the pull to inner connection, keeping our feelings to the fore, and letting go of mind as controller. Our mono minds love to run along the old tracks of misery and the mundane, insisting on limitation.

As Deepak Chopra says above, we have the choice moment by moment to connect to the sacred in our hearts, and feel the joy of being alive at this blessed time. If we change the channel, breathe it in, it is already here. Let's face the struggle to cut through, and if we cannot switch channels back to joyfulness easily then there is clearing waiting to happen and that too can be simply embraced.

Honouring and loving our feelings, making choices from our hearts rather than minds is what will birth a new and magical world for humanity.

It's All Behind You !

The spinal base and pons workshop showed how fast we can release and clear old energies in these auspicious times. We learnt that the unconscious patterns sit in the spine behind us, out of sight, out of awareness. Toning the vertebra and working the pons releasing old deep memories brought many fast changes in the holding postures of the body.

Avebury Solstice & Crop Circles

Imagine how joyful it was for me on top of Windmill Hill in Avebury, for the solstice sunrise (very early indeed), the twilight between night and day, the changing of the worlds, feeling the cosmic connection.



As the sun was rising, I could feel the effect of that special light in my pineal gland, absorbing the sun's rays and colours into my body, firing me with joy (in a very physical way), I spontaneously started toning and immediately a sky lark which must have been nesting near by, flew up above my head and sung it's heart out. It was dramatic and magical oneness. If I stopped toning the skylark dropped down to earth and when I started again it flung itself heavenwards and sung ecstatically with all its heart. A lovely solstice gift.

This crop circle appeared after the eclipses, which seems to be spot on.



The eclipses, the moon cycles, the energy surges are activating our cells, awakening the dormant DNA. This is why bodywork is so precious at this time. It is happening within our bodies. This is what makes being on earth so special. It is through the physical, the body that we make the changes

Sun & Moon in Leo, Chiron & Neptune retrograde

And for some more fun, we have a Leo new moon at the end of the month, with both the sun and moon in Leo for this new moon we are called FORWARD into NEW action and urged to have fun, get passion into our lives, and to get going creatively..... but...also

Chiron is moving backwards in the sign of Pisces until November, as well as Neptune retrograde asking that we move within and find connections to our soul. All your actions and decisions will need sanction from your inner voice. NOTHING is more powerful than inner connection and the gift of this time for us all is INNER KNOWING.

Next Planets & Pulsing Workshop

Leo – LUNGS & COLON – 23, 24 & 25 July 2011

For our next workshop we enter into the extravagant and exuberant energy of Leo, the magnificent sun king, proud, strong and generous. Sunny Leo is the King and Queen of the Heart.



The Sun rules Leo giving qualities of self expression, creativity, expansiveness and self awareness.

Leo, like the king of the beasts, is regal, associated with authority, dominance, leadership and also playfulness, joy and affairs of the heart. It can be very warm hearted like the sun, radiating all around.

The two sparkle organs, connected with Leo and the power of communication are a happy humming colon, and expansive joyful lungs.

The Lungs

The lungs are the organ that develops joyfulness. Breathing in the breath of life, of joy. Snowy white sparkles. Who is breathing us? Something we take for granted. If ever there is proof of Spirit, this is it. Who or what is pumping our hearts, breathing our lungs?



When we suffer trauma, emotional upset, anger, our breathing changes. We either close down the breathing or it becomes more rapid.

The lungs measure air pressure, the pressure of being on this planet in its atmosphere. “Don’t put pressure on me” whenever we feel or felt under pressure at work, or in the play ground, when a boy sat on your chest, we experience closing down in the lungs.

Listen to the sound of your friend communicating with you. The sound, the tone, tells us much about how they feel, the melancholy, the grief, the anger or the joy, they express.

Every family has suffered grief, through death, through loss of a loved one and so the lungs are affected through the genetic lineage, the emotional imprint, often melancholy.

Breathing is the gateway to life. Pulsing does a wonderful job of clearing the lungs and opening up the breathing. The shadow in the lungs can make us very indulgent, prone to excesses.

The lungs are represented by the Swan, pristine purity, ingesting only what is in harmony with our being. The sweetness of life brings joy.

The Colon

A happy colon, feels very connected, has powerful relations, alignment, co-operation and success. A beautiful machine, humming in harmony and rhythm. The colon is a powerful organ, orchestrating 17 organs in the body. Human society exists through alignment and co-operation.

The colon is the boss, ambitious, expecting, requiring co-operation to achieve goals. As a conductor, with the rhythm of the peristalsis it orchestrates the different functions of the organs in the body. If the liver has been drinking the night before and is sluggish in the morning, the colon has to work very hard, it has to push and pull, "come on liver, get going".



Through the development of alignment, along the way we suffer from obsessions, or giving in to those who are more dominant resulting in colitis type conditions, or constipation...not being able to let go.

Do we find it easy to co-operate? Do we desperately need co-operation from others? The Descending colon is the fear of failure of being eliminated. Are we aware of this fear?

Our aspirations, ambitions, successes and failures are related to our colon, represented by the amazing zebras.

Parimal Intensive & Sept. Workshop

In August we will be running the 12 day Intensive in Germany, details shown below. The next workshop in Barnet after this one will be 10th -12th September.

We invite you to join us for the Leo workshop to explore clearing these two major organs and the glorious energies of the regal lion.

The veil between the worlds is becoming less every day and our bodies are the key to feeling, to connecting to the oneness of all that is.

Love Susanne

Leo workshop: 23rd, 24th & 25th July, 2011

Venue: St. Peter's Church Hall, Barnet Road, Arkley, EN5 3JF

For registration: contact Susanne on: 01793 739069,

Email: omprabhuta@yahoo.com , Web: www.tibetanpulsinghealing.co.uk

During workshop: Mobile 07971 120243

Tibetan Pulsing Intensive...8th to 21st August 2011

Parimal Retreat Centre, Gut Hubenthal, 037218, Witzenhausen, Germany.

Join us for an intensive life changing process in a safe, loving and joyful environment, working on 12 organs in the body, using sound work, colours, hand mudras, bodywork, tibetan iridology and theatre, etc.

An empowering process for purification and change. Wearing the colours of the organ of the day, see below. Amazing to feel and get to know your organs from the inside and the qualities they develop. They are definitely more than just physical organs.



Please contact Susanne for further information and reservations at: 01793 739069 , email : omprabhuta@yahoo.com

Parimal has a reputation for delicious organic vegetarian cuisine, great musicians, and is set in beautiful woodlands with lakes and gardens.



There are meditations or musical sessions in the evenings which can be joined, use of saunas, and lovely walks in the surrounding countryside.