

Tibetan Pulsing Healing Newsletter - June 2011



Bringing in the Light.....Pulsing in every cell, every organ of our body, pulsing with the sun, the moon and the stars, we are one. Pulsing away the pain, the fear and the tension.

“Essentially, who we thought we were becomes an old picture to be dissolved.

For the few who go all the way to the summit, that place which all lifetimes lead up to becomes our beacon and our touchstone. We intend in this pattern to embrace the cosmic reaches of existence, and to take hold of every delusory, self-serving way of being we have ever known, and make sure we are never under its sway anymore..”

This is an amazing moment to be alive with time speeding up, urging us to open our minds, our hearts and awaken to our spiritual nature, and wholeness. The vibration of mid-summer is calling us to take full responsibility, to empower ourselves and not remain a slave race any longer.

On June 15th there is ‘the longest, darkest lunar eclipse in a hundred years, lasting a hundred minutes. A total eclipse that is being called the darkest night in a hundred years ! So expect plenty of internal action ! No doubt that we will be receiving a big opportunity to open up our deepest unconscious energies. As usual right on the button, the astrological sign of Cancer is connecting us to our unconscious energies with the spinal base and the pons organs, a chance to flush through what still needs change.

Summer Solstice, 21st June 17:16

Also we celebrate this time of year with the summer solstice, known as the wedding of heaven and earth, a time of connecting to nature, finding spiritual renewal and experiencing suspended time where everything is possible, ***In*** connecting to the sun, earth and each other at the auspicious midpoint of the year, we greet midsummer with joy. We can feel again our dreams and renew our energy to manifest. In latin, the word ***Solstice*** means to ***stand still***. The mystics refer to this as ***the gap***, that occurs between mind and thoughts creating an open doorway.

Midsummer gives us the opportunity to really feel our connection to the earth and nature. Crop circles are appearing in the fields of Wiltshire, giving us cosmic messages. I have recently returned from two workshops in Sochi, Russia, by the Black Sea. We visited a dolmen close by (there are many in the area) which are purported to be graves of enlightened ones who have left their body. The vibration of 'I AM' centreness of the complete human, is magnified by the stone and provides a map for others. People visit these dolmens to ask for answers in their lives. They are set in beautiful surroundings, waterfalls, sulphur streams, forest and pristine nature. The nature in Russia is powerful, full of deva spirits and elementals, truly magical.



The Black Sea, has a luminescent sparkling quality due to its plankton. We got to see four dolphins swimming close to the shore. The dolphin of the Black Sea is a rare and more ancient life form than those found in other oceans.

With our left brain consciousness, we have all but lost the feeling of our organic nature which connects us to everything.

Our next workshop is in the sign of **Cancer** ruled by the **Moon** and here we are with another powerful lunar eclipse today, 15th June embracing the polarities.....it's all happening.

Cancer – Organs Spinal Base & Pons Workshop - 25th, 26th & 27th June 2011

Cancer is ruled by the moon. It is a Cardinal water planet and its keywords are 'I nurture', it deals with the past, unconscious expression and instinct. The moon rules the tides of the ocean and the emotions and fluids in our bodies. In our psyche the moon symbolises all our past experiences, our habitual responses to situations and our unconscious expression. Like the ocean, it is associated with restlessness, changeability, moodiness, emotional expression, a need for a nest, home, security and a sense of belonging.

Spinal Base is the home of the kundalini spiritual energy lying dormant and affects the whole spine. It is also the organ where we develop our sense of propriety, what is proper and correct in life. It is the ability to relax in our own privacy, as in our home, to be at ease. A good example is the cat, always relaxed, a spinal base animal.



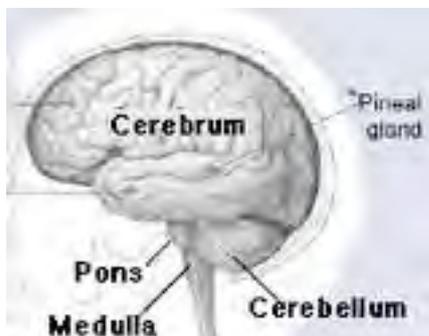
The flow of energy from the base keeps our spine healthy and strong. Unconscious behaviour affects our spine, we don't see it, or feel it, it is behind us and therefore not there. Our spine takes habitual positioning according to our emotional patterns. The tension of the spinal column is based on the tension of the first chakra. Am I safe, am I secure, am I at ease, at home ?

The relaxation at the root, produces a **vibrance** in the spine, which is **expressed in our communication**. If there is tension in the bottom of the spine, the tension translates all the way into our communication, and we begin to speak with the kind of tension that is exists at the very base of our spine. If we are speaking in a relaxed way, we are received and responded to in that same relaxation.

In our early life due to potty training, spanking and falling flat on our arse, we have an imprint of the **fear of failure**, being humiliated, falling flat on our backside, in the midst of a new project. This leaves us feeling uptight, a tight arse bringing on headaches or migraines. Feeling **paranoid**, is the idea that someone is after us, people are talking about us behind our back, or that we have done something so terrible that social consciousness will humiliate us.

Our spine is tremendously important. Does it feel straight and strong, or weak and droopy. What does our spine tells us. The flow of energy through the chakras and the tension held inside from unresolved emotions.

The Spinal Base is like a cat, free of conditioning and charge, deeply at ease, relaxed and at home in your body, wherever you are. The energy of the spinal base can be deeply in tune with the **hidden rhythms** of life through a relaxed state of being allowing our **genius** to flow upwards to be expressed and communicated.



Pons is a delicate organ found at the top of the spine, the bridge between the two

hemispheres of the brain and is therefore the organ for developing our sense of centred-ness, the centre of our senses, our sensations and the unforgettable point at which the orgasm ignites.

The Pons also contains our memory banks, like the elephant, a Pons animal, it never forgets. The act of remembering takes place through centring oneself.



The centres or chakras are also connected with the Pons. The first of which is the spinal base, controlling our elimination processes. We continuously purify the body so as not to become overloaded with waste material, corrupt and polluted. When this chakra is open and operating we feel vibrant.

What does it mean to be centred? The mind must be relaxed or **free of charge** so that we can feel our energy. When there is a charge in the mind, the energy moves outward into the mind, into the brain and its associated structures, producing tension. When there is no charge, the energy relaxes inwards toward the pons. When we feel the vibrance of the spinal base, almost automatically that pulse reaches to the pons and we clearly hear the frequency of **centred-ness**, beingness.

The Pons also deals with issues of childhood abuse or sexual abuse as the effects of an adult orgasm on the child's undeveloped pons create a short circuit and loss of memory. The damage can be healed through application of the pulse to the circuit.

In THIS WORKSHOP we will be focussing on our spine and chakras, the emotions holding our spine in a pattern that takes a shape of how our energy feels. The chakras are energy vortexes which build and move energy up the spine. In the TP Intensive where we look into the eyes, we can actually see the old habits and where it is located in the spine, which organ, which emotion, etc. the whole unconscious patterning.

You are warmly invited to come and nurture yourself with the kind energies of Cancer pulsing light and love into the organs, finding the opportunity of real, deep and centred relaxation, We look forward to seeing you,

Love Susanne

25th to 27th June
Saturday and Sunday 9.30am - 6pm
Monday 10.00am - 6pm

***Workshop will be held at St. Peter's Church
Hall, Barnet Road, Arkley.739069 or Mobile
075284 26319 during time of workshop.***
<http://www.tibetanpulsinghealing.co.uk>