

Tibetan Pulsing Healing Newsletter - May 2011



"If we were to meet with our brothers and sisters, at the level of the origin, established by our mother (earth), at that level it will be so we settle our spirits....."

indigenous people of the Sierra Nevada

The beautiful warm spring weather has arrived, the gardens are bursting with spring delights and Taurus ruled by Venus, gorgeous and extravagant in beauty, is soon upon us.

Spring is the time for planting seeds, the earth is warm and moist, potent for germination. Atisha the Mystic who brought Buddhism to Tibet and his Heart Sutras on the power of planting white seeds, reminding us to pay attention to which seeds we plant. White or black, seeds of love or seeds of hate. Harvest time will show us our deepest intentions.



The Planets & Organs Workshops continue to surprise and delight with the magic of synchronicity. Our last workshop of Aries, during which so many planets were aspected in Aries, had a powerful effect on the circuit of the organs, hara and Testes/ovaries. Tuning to the planets has certainly added another dimension. The organs are the subconscious powers connected through the body, and the planets are the subconscious powers connecting through the universe.

Through Aries workshop and the organs of Hara and Testes/Ovaries, we could feel the qualities of power, strength and vitality. We discovered that our intent empowers the hara, firing us up to our positive, active, creative. With such a powerful organ, challenges arise noticeably, any lessons not yet embraced can have the effect of a powerful smack in our life, waking us up for full responsibility. A great dose of willingness is required to

embrace the shadow. The hara deals with anger issues and it is always a good sign when anger comes up to clear, even though it can feel difficult to manage. This means we are getting in touch with our power, our wholeness and strength from an energetic place.

Mother Earth's hara, is Japan. In Tibetan Pulsing each country has a different vibration, a different organ. So we see the earth's hara dealing with strong toxicity. In the time of Atlantis, at the last change-over from the 26,000 year cycle, humans were very advanced and had a lot of knowledge. They knew about the Merkaba which is the Light Body surrounding the human form, activated through consciousness. At this time, they created a huge crystal Merkaba, externalising the form, but without pure intentions. Now we have nuclear reactors, splitting the atom, an internal alchemical process of transformation, yet again being externalised and creating havoc.

When the ego/mind is the boss, we externalise, projecting our shadow outside, losing contact to our feeling response to others, to the earth and the sacred. The politics of the world are a big mirror showing us how the ego functions in our own body.

As we come closer to 2012, the divine feminine energy is regaining its power and challenging the old shadow of the masculine to let go and surrender. The men in the workshops have been courageously facing this reality and this is producing some breakthrough results.

Women for the last 13,000 years cycle are so used to processing pain, it is 'just a tad' easier for them, ha ha. We are definitely facing the most challenging time of being on Earth school, letting go and letting God or the Divine direct us.

In the Aries workshop, Cylindra shared about her time in Hawaii during the earthquake and tsunami in Japan. Although there were many messages of fear and concern coming to her from around the world, she remained joyful in the vibrant light, sparkling crystal waters, and lots of vital and playful activity from whales and sea turtles. Hawaii, is Mother's Earth vibration of the Testes/Ovaries, the light generators. So a wonderful lesson in how to stay strong in the light when there is great fear happening right next door, staying with love, joy and gratitude helps the earth and all her life forms in a powerful way through these changes.

TIBETAN PULSING HEALING WORKSHOP, TAURUS – Stomach & Spleen – Sat 30th April to Mon 2nd May 2011

In this workshop we will be working the stomach and the spleen, organs of intimacy and sensitivity. Venus rules the arts, beauty, harmony, abundance and is tactile and sensuous. Intimacy requires great awareness and sensitivity, love is like a beautiful flower that needs cultivation and care, otherwise it can be easily destroyed.

Taurus gives us the story of beauty and the beast, the bull and the maiden, with many interesting lessons of opposites and integration. As we arrive in Taurus, we have the workshop in the Stomach cycle of the Tibetan Calendar, and a full moon in Taurus, more synchronistic connections of planets and organs.



The Stomach is the organ of empathy, intimacy where we feel understood without words, without explanation. The colour of the stomach is bright egg yellow, and is the organ that relates to meeting our needs. The sensitivity of the stomach in relationship is the area where we feel the most met, the most satisfied, wrapped in the embrace of the

beloved, at peace in the experience of gratification. It loves the magic of romance, it has the quality of the moon, it loves to be subtly and sensitively drawn into the love affair.

Through the stomach's quality of empathy, the child can very much tune into the opposite sex parent, being very very good, to get their love and attention.



Food issues are stomach issues. Unprocessed emotions lead us to comfort eat, eating to take nourishment from food as a substitute for love. The poor body gets stuffed, but nothing satisfies. Anorexia, bulimia, weight issues are very much to do the stomach.

The most painful thing the stomach has to deal with is betrayal on some level by a close friend or lover. It just kills the stomach which cannot even speak about it. This can make big problems in our energy until we FORGIVE. We may think we have forgiven in our mind, but the stomach circuit has not released.

When we clear the stomach circuit we reconnect to the quality of relaxed consciousness. Like the quality of the moon, it is silent and deep. Consciousness beyond words where much is felt. It is the deeply contented embrace of the beloved.

The spleen, is the flame of change, the colour orange, a very enthusiastic and excited organ. Orange juice zest. It loves to be social, a real party person and more is never enough. It can become manic, more, more, more and then become burnt out. The pendulum swings to the other extreme and we then feel disillusioned, 'Oh, it was all nothing anyway'. Lots of heat and passion that is associated with Taurus.

Abandonment and lack of support are issues of the spleen. The faces of Nice and Nasty, the two extremes. **The spleen is our eternal flame. A light of pure awareness that glows with ever more brightness as the consciousness expands within.**

Come and join us for another pulsing healing journey in the Taurus workshop, exploring the keys to our abundance, sensitivity and intimacy. Our first intimate connection was with our mother. We look forward to seeing you.

with love and joy,
Susanne

Workshop will be held at St. Peter's Church Hall, Barnet Road, Arkley. EN5 3HN. Please contact me for reservation on Tel. 01793 739069 or Mobile 075284 26319 during time of workshop.

30th April to 2nd May 2011
Saturday and Sunday 9.30am - 6pm Monday 10.00am - 6pm

Website: <http://www.tibetanpulsinghealing.co.uk>