

Practical Spiritual Energy-work Shen-Gung 5

Functional Energy Seminar
(Taiji-Shen Gung #5)

Mark your Calendars! Tell your Friends!!

WHEN:

10am - 5pm (lunch not included)

Saturday August 25th, 2007

WHERE:

Joe Crandall's House

HOW MUCH:

\$50 (\$40 for Returning Attendees &/or Clients)

CD's of last three Seminars available for \$10 apiece (Discount! Regularly \$15)

The theme this time is "Kicking Butt"...

- Are you a Martial Artist, and want to take your skills to the Next Level?
- Learn to Punch with Power... (without wearing yourself out)
- Learn to Receive Punches... (without getting hurt)
- Learn to Get out of their Way... (without losing connection to them)
- Learn to Step-in and Handle them... (before they can touch you)
- Perhaps you've practiced Living With Energy, & want more?
- Learn how to keep your Grounding as you move
- Learn to keep your Center as you respond
- Learn to keep your Principles if you are Attacked
- ...Because when you learn to handle yourself under pressure, it's lots easier to remain calm other places...
- at Work
- at Home
- at School
- etc
- Or maybe you have specific questions about your energy-development, & want some hands-on?
- ...do you want to become more neutral & aware (in other places, besides sparring :-)
- practice developing self-ownership when in relationship w/ others,
- practice letting-go of being 'at the effect' of other's [overwhelming] emotions
- practice responding, rather than reacting...
- ...would you like to practice becoming an active creative force, rather than 'finding out afterwards'
- We're making room for specific 'hands-on' practice, tailored to your level Useful Information:
- Read about last three Seminars: #3-Fundamentals (preview & follow-up), & #2-Basics, & #4-Healing
- Podcast (downloadable .mp3's) of taiji-shen & "Finding your Space" meditations here:
- Online "Grounding Cord" meditation here:
- Learn more about the School of Practical Mysticism here:

Edited Audio CD's of Seminar 2, 3, & 4 available!
Regularly \$15 -- \$10 for Seminar Attendees (30% off!)

See you on August 25th!!
Dave A. Anselmi