

Trance Experience

Trance Experience Through Ancient Body Postures

During this two hour ritual you will learn that certain ancient works of art such as sculptures and rock paintings are not simply expressions of creativity, but also ritual instructions which can lead into altered states of consciousness. In this ceremony we are going to focus on one specific body posture, the Grandfather Bear Spirit, an old healing posture, known by world cultures, even those widely separated by time and distance.

Combined with rhythmic stimulation (drum or rattle) the body will temporarily undergo dramatic neurological changes and produce a trance. Clinical hypnotist Ute Carson will teach the correct Bear Spirit body posture and guide participants through the ritual. Afterwards people will share their visionary experiences. Once you have signed up at the center you will receive more instructions.

THE BEAR SPIRIT POSTURE



Come and enjoy an amazing experience!!!

Facilitated by Hypnotist Ute Carson

