

Uncover and Manifest Your True Self

**Week 1: Know Yourself Beyond
the Body**



Blue Star
Canada

Series Outline

- ▶ Week 1 (Feb. 1): Know Yourself Beyond the Body
- ▶ Week 2 (Feb. 8): Tap into the Incredible Power of your Mind
- ▶ Week 3 (Feb. 15): Learn to Experience Limitless Love
- ▶ Week 4 (Feb. 22): Beyond aging - Revitalization, Restoration and Healing
- ▶ Week 5 (Mar. 1): Develop a Healthy Lifestyle
- ▶ Week 6 (Mar. 8): Conscious Co-Creation: Finding Joy on the Journey
- ▶ Week 7 (Mar. 15): Learn to Live Harmoniously with All of Life

Outline of Session One

- ▶ Introduction
- ▶ Know Yourself Beyond The Body
- ▶ Exercises for Revitalization, Restoration, and Healing
- ▶ Meditation: Developing Awareness of Total Being
- ▶ Wrap-up
- ▶ Next week...

What are we beyond the body?

- ▶ Your body is the vehicle for your earthly journey as a soul
- ▶ You, the soul, a subtle energy being, drives the human experience

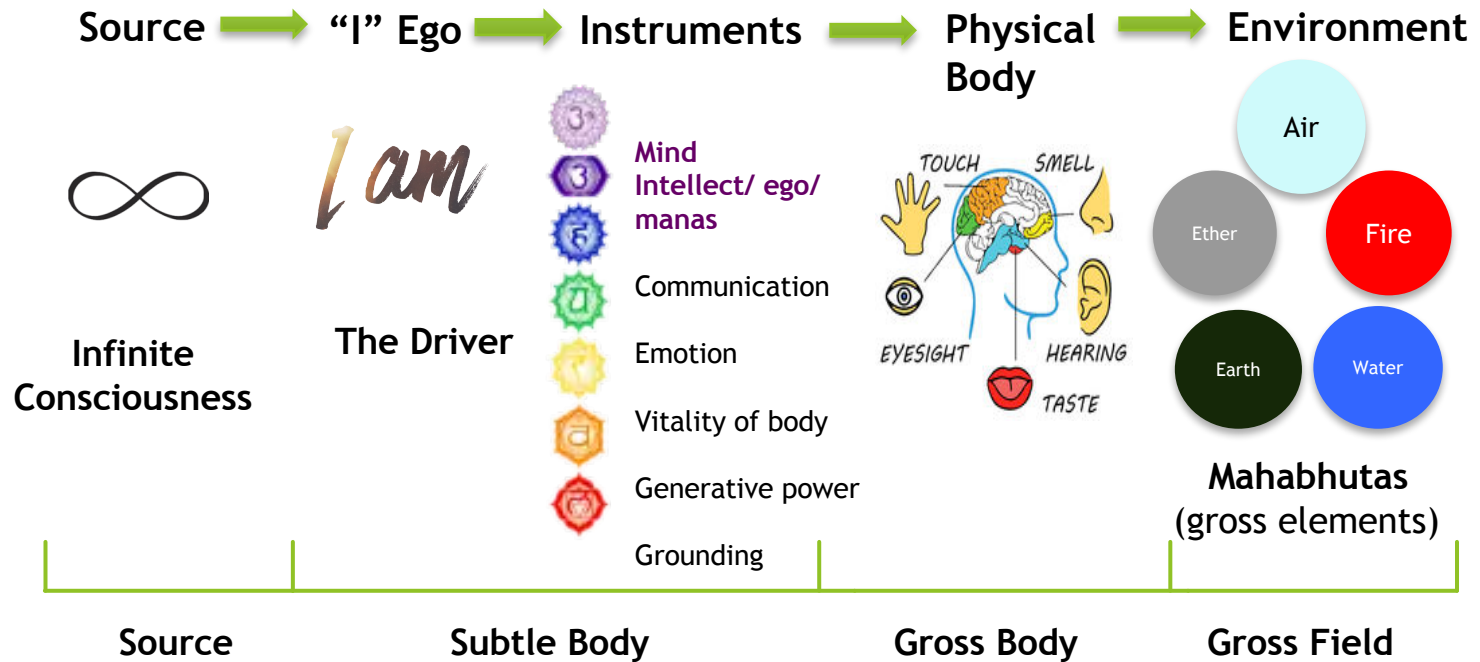


What are we beyond the body?

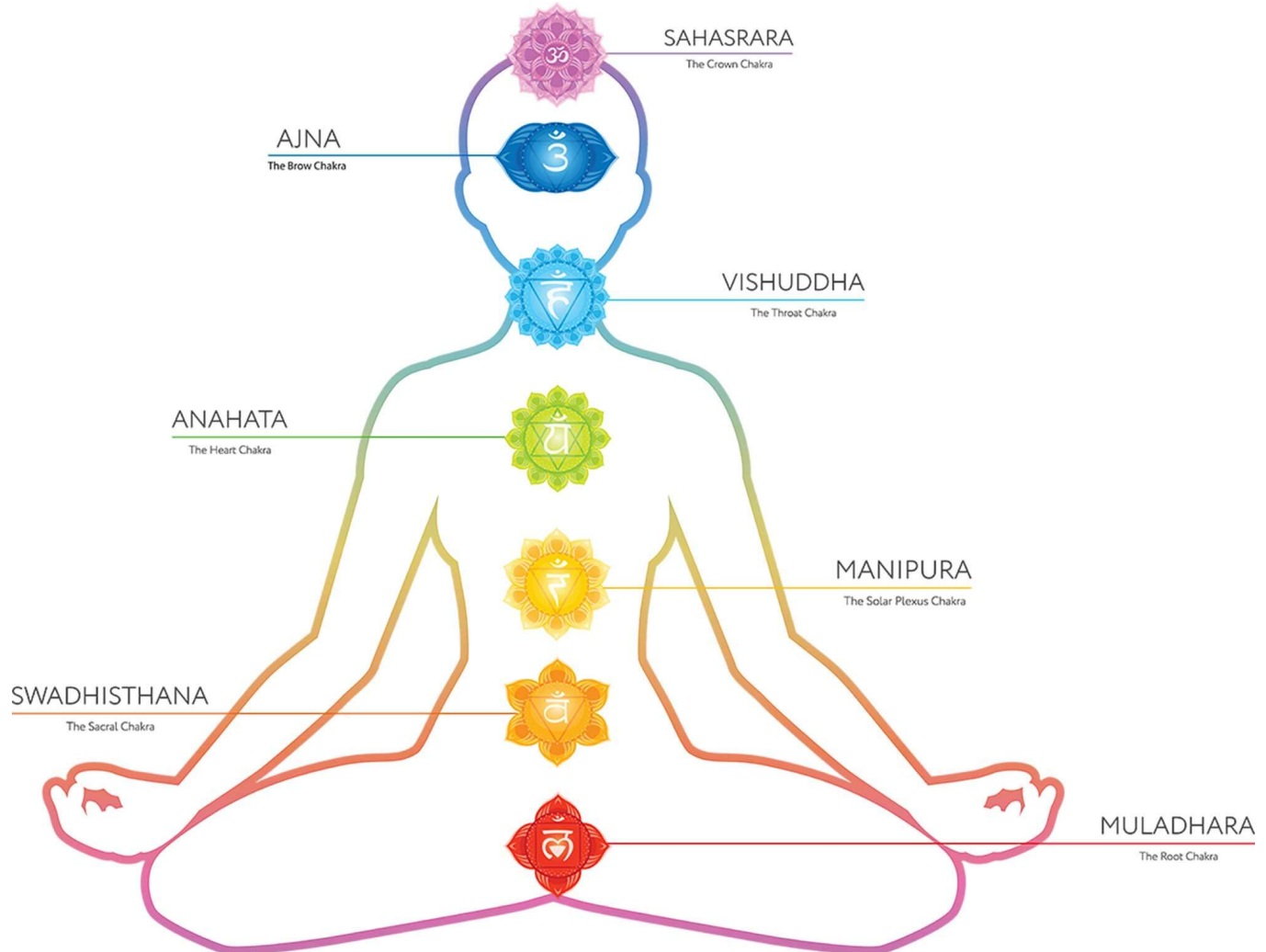
- ▶ The soul is a conscious being, existing in a source of infinite consciousness and potential
- ▶ Body is driven by prana (currents of vital energy) that comes from the soul and its source



Anatomy of Total Being



Subtle Energy body



The Infinite Consciousness and Power that We are Lies Within

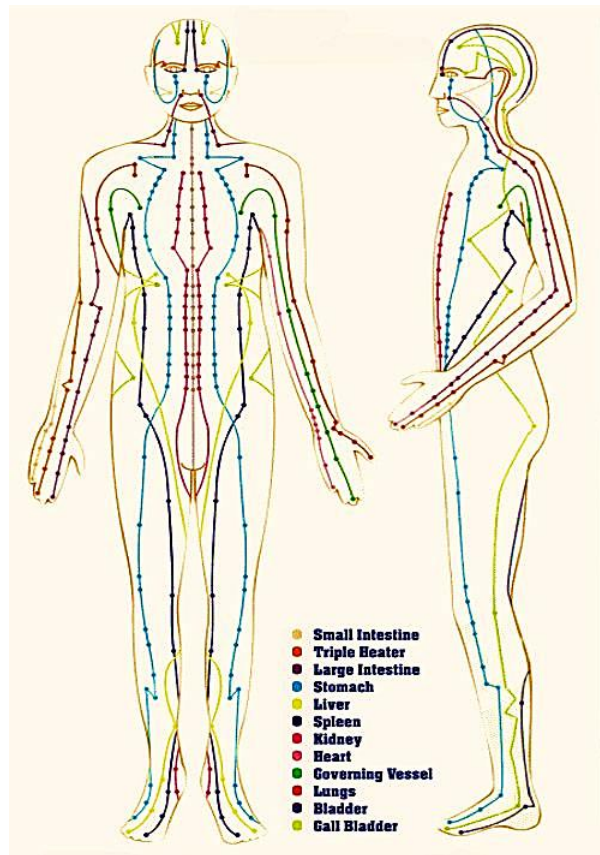
- ▶ Your source being is of infinite consciousness
 - ▶ Limited vs. infinite consciousness
- ▶ The power of your source being is unlimited



“You were born with wings,
why prefer to crawl through
life?”

— Rumi

Exercises for Revitalization, Restoration and Healing: Qi Gong



Meditation Practice

Wrap-up

- ▶ Reflection:
 - ▶ How do we move from dullness, negativity, and depression to higher emotions like peace, love and joy?
 - ▶ How can one tell if one is truly experiencing self as more than the physical body? How does one feel, act or respond to everyday situations?

Thank you!

**Next week: Tap into the Incredible
Power of your Mind**



Jura Businskas