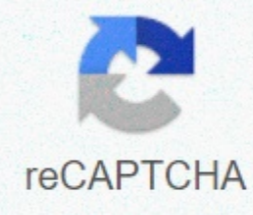




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## Sacred spirit yoga

. Last week I visited De Bewustzijnschool in De Pijp in Amsterdam for the first time. I was invited to attend a Sacred Spirit session and this sounded so mystical that I couldn't say no. I was so curious! I'll tell you what I've experienced and how you can also attend a free session at The Consciousness School! At The School of Conscience you follow lessons aimed at developing your mental, physical and spiritual awareness. You can go there for yoga, guided meditations, adhamhaling exercises and more. I attended a Sacred Spirit session, an hour-and-a-half lesson in which you return under the direction of owner Marieke van Meijeren. The theme changes weekly, but that night was marked by the new moon that was to arrive in Aries the next morning. What is the Spirit? After signing up for the reception and putting my coat and bag in the dressing room, I sat in one of the twenty chairs of the school. The chairs formed a circle around a series of minerals and crystals and after about ten minutes each seat was occupied. Marieke asked who was new in the group and asked all the novices what the Spirit meant. Everyone gave a different answer, because what the Spirit is very personal. But we all agree that the Spirit is the whole that encompasses, the origin, what connects us, the highest. The intentions then all close our eyes and Marieke begins guided meditation. We go back inside, open our hearts and look back on last winter. What have we achieved, where have we left the energy? Let's get the excess energy back and look at what we want to achieve in the next six months. We connect with the power of the new moon and plant seeds in an orchard; we establish intentions and set ourselves objectives. We visualize how we feel when we have achieved the goals, what does this do to us? The last twenty minutes of meditation we hear a beautiful version of the Namō Narayanaya mantra. We drink tea and Marieke in turn asks us what we have experienced. Personally, I realized that I found it difficult to turn inside, I realized that I was busy a lot in my head, even though I was also present in the visualization. With one foot in space and one foot in the head. Also, during meditation I have very hot hands, whereas I always have cold ice hands. Marieke said that when your heart opens and the energy starts to flow, your hands heat up. My experience seemed to me a nice session that emphasized to me how important it is to be busy with the spiritual and return regularly. For me, it's a world I only entered a few months ago. But in these few months, I have a lot left and the world learned, even after tonight I feel more connected again. With myself, with the people present and with the world. I also realize that it reassures me, it gives me a certainty, a universe has your back feeling. A feeling that in our society is perhaps more important than ever. Also at the School of Conscience? The best part is that I like that sense of belonging and security with you! Because I can give two gifts to all of you from The Consciousness School: – A free introductory interview with our coach Jamie (worth €20) – A free lesson after the introductory interview (i.m. €15 or €20) – Previous 1 2 3 ... 6 Next – Visit the help section or contact us Sacred Spirit Yoga and Healing Arts CenterGefällt mirGefällt dir343 Broadway., Dobbs Ferry, New York, Vereinigte Staaten 10522 · MediationszentrumTot ansehenSeitentransparenzFacebook möchte mit diesen Informationen transparenter machen, worum es bei dieser Seite geht. Here erfährst du mehr zu den Personen, die die Seiten verwalten und Beiträge darin posten. All Ansehen Showing 1-33 Start Your Review of the Sacred Body, Sacred Spirit: A Personal Guide to Yoga Wisdom and Tantra Radhaa Nilia Rated It Was Amazing Jul 02, 2013 Hans Werfhorst Rated Who Really Liked February 21, 2016 Agnes Brzeski rated it amazing Jul 01, 2014 Michelle Hough rated really liked february 09, 2015 Sattara rated it amazing was on January 23, 2020 Saugat Dàs rated it was amazing June 05, 2014 Britt marked it as read December 11, 2012 Nhien marked it as read January 10, 2013 Chameka marked it as reading September 11, 2013 , 2014 Grace marked it as reading on December 06, 2014 Skumar marked it as reading on October 14, 2018 Teja marked it as reading on February 17, 2019 Shakti Bliss & Power week Sadhaka Tantric New Year retreat Secret sexuality, Shiva & Shakti Kennismakingweekend Tantra Yoga Tantra Festival Everything you can know - Combiweek Creative / Yoga / Tantra Everything you can know – Combi Creativeweek / Yoga / Tantra Yoga Massage Course Awareness Training – Sacred Tibetan Spirit Tantra Massage Course Tantra & Tantra Shbari experience Tantra tantra tantra tantra, prana and connection Sadhaka Tantra Community Because we are all Buddha ... Surprise. And we've come across that this week, in ourselves and in each other. Special, surprising, confrontational, open, freedom but above all instructive. Michelle and Chris What a week, what a time. I felt, felt, felt a lot. Beautiful Buddha, nature, good food. What else could a man want? We fulfill wishes at home. I see my a little now in the light of Sadhaka. Jordi. If every human being in the world has this should I dare to experience, there would be less war! Thank you very much for your efforts and love for making the week as good as possible for everyone. Jos Love Love Love comes through all the cracks. It flows out, out and out... From the source and back. Thank you very much for your energy, connection and this beautiful site. Esther The School of Consciousness is no longer an unknown place for us (jippie!). After being there once before, we were now allowed to take the lesson 'Sacred Spirit Session'. Sounds mysterious, doesn't it? In this article I explain what it means and how I experienced it. Under the guise of 'I'll be surprised', we walk to school. We arrive a little quickly, but luckily we no longer have to look where it is. As if I'd been there for years, I took off my shoes and had a cup of tea. After the rainy trip, it is lovely to return home to this quiet place. Old and familiar labels With about ten more women we sit in a circle around candles, crystals and a buddha statue. Naturally, Marieke van Meijeren, founder of The Consciousness School, makes the comparison with a coven. What's going to happen?, my head chases. Marieke, who teaches this lesson, immediately takes action. Having given everyone a hand, he asks us a series of questions, such as what energy he is and what we think. A comment sticks with me. Instead of who she is, Marieke talks about who we are. Contrary to what I expected, we did not start with a round of proposals; I didn't have to say I have a job and I live in Amsterdam. I noticed the standard straw I normally tell you, disguised as who I really am. Well, who am I without my old family labels? The energy received The light dims and we begin the meditation. I try to relax and follow marieke's voice. We visualize that we are firmly like a tree and the sun shines above us. If we can write on a page what we want to let go, I retain a good message: You no longer have to be modest. I feel the sun shine more and more powerfully, I let my light shine. One by one, Marieke walks through everyone's house. She puts her hands on my shoulders and lets me move gently backwards, so I sit with my back against the chair. At some point, the music starts and we shake hands. Even before she says it, I think, I give energy, but I can also receive it. This is how energy flows through all of us. Another universe After sharing how we have experienced meditation. Turns out this is different for everyone. Coincidentally (or not?) Shirah and I received about the same message. Soon Marieke that every trip is good as it is. In any case, we have one thing in common: when you go inside, your soul has a lot to say. As soon as we leave class, I ask Shirah, What time is it? I wasted my time. It almost feels crazy to get back to normal and fast life. The next morning is a normal working day. However, I feel different. Light, cheerful. As if something was unleashed inside me and I was in another universe for a moment. Cost: we were allowed to take this lesson for free. A single lesson costs €25,-. Extra fun: Marieke is open to feedback and you can ask him whatever questions you want. Less: sometimes I came across what was called a bit abstract and it took a while for the penny to fall on me. Maybe that's why I write something more swiveriger than usual. Stars: ★★★★★ (five stars). Are you curious about this lesson? We can give everyone an introductory interview at The Consciousness School worth €20 – with coach Jamie. After this interview, you can also schedule a free lesson worth €15,- or €25. If you want, please send info@debewustzijnschool.nl and include the following code: Look up. meditation visualizing meditative soul soul