

Neurofeedback and Spiritual Expansion: Working with the State and Content of Consciousness

As the political and economic difficulties of the 21st century become more and more entrenched, people are increasingly looking for an experience of the numinous.

Unfortunately, the prevailing social paradigm generally excludes the spirit. Spiritual crises are escalating in frequency and can stem from an expanding variety of causes, including psychic experiences, loss of faith due to personal trauma, deep frustration with life, unavailable spiritual guidance, even problems with one's personal meditation practice. While the continuing development of consciousness is now paramount to many, it is easy to lack the tools, confidence, or determination to proceed with assurance down your personal spiritual path. This workshop is designed to help you either initiate or strengthen this process. The workshop approaches consciousness in two ways: through the state of consciousness and the content of consciousness. With the aid of EEG and meditations designed to elicit specific brainwave combinations, you will learn about developing the brainwaves of higher states of consciousness. You will work with your own internal content of consciousness to begin the process of finding a more direct connection to your own private source of divinity. You will leave with an understanding of how to continue this process at home.

This seminar is suitable for all, from beginning meditators who wish to use this work as a stand-alone practice, to experienced meditators who would like to augment their established practice

Location/Registration/Information:

Esalen Institute, Highway 1, Big Sur, California 93920

Phone: 831-667-3005 • Fax: 831-667-2724

Cost:

\$475-\$1010 for 5-day workshops or \$260-\$545 for weekend workshops, depending on accommodations chosen. Includes: Workshop, Food, and Lodging.

Please contact Esalen to register for these groups. You may also want to find out what weather to expect during your stay there.

