

## Advanced Weekend: The Expansion and Contraction of Consciousness

This seminar is designed to pick up where we left off in any of the basic courses, using the building blocks of beta, alpha, theta, and delta brainwave training to deepen your knowledge and experience of your own higher states of consciousness.

Practicing different aspects of the mastery of the "movement" of consciousness involved in inside/outside awareness, we will work to create an understanding of unity and duality. Includes the experience of internal one-pointed awareness, external one-pointed awareness, internal diffuse awareness and external diffuse awareness — both independently and simultaneously — as well as the practical applications of this consciousness in every day life. Also includes the practice of expanding and contracting your consciousness bubble and its use in daily life.

Prerequisite: introductory course

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.