

1- day Initiation Workshop: Shakti Healing with Rudra Shivananda



Be a Healer

Help others to heal better, faster and more completely

Shakti is the Cosmic Energy which manifests in our microcosm to enliven us as *Prana* and to transform us as *Kundalini*. It is the highest creative and healing force in the universe. Learn to harness this Cosmic Energy to heal one-self and others.

Attunement is by initiation into the Healing *Shakti Mantra* - this enables the descent of the universal healing energy. The Healer is an active gateway to the universal healing energy and can direct the healing power to others through direct hands-on methods or through distance healing methods. Learn to refine specific modes of *Shakti* energy for specific health problems by accessing the three most powerful forces in our Solar System – the Sun, Moon and Earth energies. Guidelines for Healers to prepare and protect themselves during the process are given in detail.

Rudra Shivananda is dedicated to the service of humanity through the furthering of human awareness and spiritual evolution. He teaches that the only lasting way to bring happiness into one's life is by a consistent practice of awareness and transformation. He has committed himself to spreading the message of the immortal Being called *Babaji*. He teaches the message of World and Individual Peace through the practice of *Kriya Yoga*. As a student and teacher of yoga for over 30 years, he is a member of *Babaji's Kriya Yoga* Order of *Acharyas*. He is also trained as an *Acharya* or Spiritual Preceptor in the Indian *Nath* Tradition, closely associated with the *Siddha* tradition as well as a Reiki Master with expertise in the healing and spiritual uses of gemstones and essential oils. He lives and works in the San Francisco Bay area, and has given initiations and workshops in California, Colorado, Washington, Hawaii, Ireland, India, England, Japan and Spain, as well as authored four books on self-Healing: "*Chakra* self-Healing", "*Surya Yoga*", "Breathe like your life depends on it !", and "The Yoga of Purification and Transformation."

Cost of Workshop: £108.0