

**For those who want to come to the awakenings workshop:**

**Overview of the content of the Initiation Deeksha-  
and Awakening Course.**

**And what to bring for this W/End.**

In this W/End we dive into the basic teachings of the Oneness University. Not only as a theory but also as a personal experience.

We raise our levels of consciousness which is the only help to the worlds problems.

The whole course is meant to awaken us to our Inner Divine; to make us aware us that we are not our thoughts, not our mind, not our body even. We are this higher self, our divine self and the Presence that is alive in us. To come to this living Presence, we will dive into the consciousness that we are ok as we are; we may accept ourselves totally.

The Oneness University teaches how to deal with old emotional charges. It also teaches us how to come out of conflict, suffering and resistance and be happy even in the challenges of life as awakened and authentic beings.

Being happy means having harmonious relationships. The accent in this W/End will also be on relationships and healing our basic relationships.

All this will be combined with, meditation, music and dancing to awaken the Kundalini.

On sunday afternoon there will be an **Awakenings ritual** combined with the **Initiation** to become a vehicle of transferring Deeksha energy.

The aim of being a Deeksha Giver is to help the world to awaken.

**Practical:**

We will sit on chairs and lay on mats for inner exercises. Mats are available at Akrimios.

Wear normal easy clothing.

Some insights may be useful to write down, so it is good to bring a notebook.

Essential is to bring a picture, statue, or other representation that for you is the strongest symbolic representation of your Inner Divine. Think of those energies and teachings that you really love to be yours, or have integrated. For example Jesus, Mother Mary, some Saint of your religion, Buddha. Or think of the Angel that you feel linked to. May be you feel connected to an Enlightened Master or to the Purple Light of St Germain. You can feel

closeness to enlightened souls like Yogananda, Babaji, Ramana Maharshi, Mother Meera, Amma, the hugging mother....Amma-Bhagavan and many others.

The Deeksha initiation will pass through your connection with these symbols or beings who have realised God.

Please bring representations that are the most used and have strong thought-forms. Don't bring a commercial little statue of an angel; bring a strong representation which, for instance, you can find on internet.

The stronger the picture, statue, symbol and your connection with it, the stronger your initiation will be.

In case you have no connection with these examples you can think of a symbolic representation of the Light, or the Cosmic Heart; choose a Divine one.

You will receive an official Certificate and be on the list of the worldwide deeksha givers.

We will share a light lunch prepared by Ingrid's son in Akrimios. Price 6 €.

Please let us know some days before the 10<sup>th</sup> if you intend to participate.

The price of the complete w/end workshop is 30€

Email: [hildavm3@gmail.com](mailto:hildavm3@gmail.com)  
[info@akrimios-orizon](mailto:info@akrimios-orizon)