

Dear Human:
You've got it all wrong.
You didn't come here to master unconditional love. This is where you came from and where you'll return.
You came here to learn personal love.
Universal love.
Messy love.
Sweaty Love.
Crazy love.
Broken love.
Whole love.
Infused with divinity.
Lived through the grace of stumbling.
Demonstrated through the beauty of...
messing up.
Often.
You didn't come here to be perfect, you already are.
You came here to be gorgeously human.
Flawed and fabulous.
And rising again into remembering.
—Courtney A. Walsh / used with permission



A workshop with Sneh Victoria Schnabel
Freiburg, June 2nd – 5th, 2017
€340



Through the Eyes of the Soul

In this group, we will focus on the eternal questions: “Who am I?”; “What am I here for?”; “What is my mission?”

Our unsolved themes will find a place during this time together. But this time, we will not work from a place of problem-solving—but from a different viewpoint: the viewpoint of soul.

Soul does not judge, but is in agreement with all of our experiences. Soul is exploring what it means to be a human—with all of its many colors and possibilities; its breakdowns, failures and successes; its love and fear; its darkness and light.

The movement between these poles of opposites creates pure energy, that furthers the unfolding of our essence; our soul into the all there is; the mystery of our origin.

We will make use of our everyday calamities, and refer to them as points from which we start to explore what is happening to our psyche; our human feelings and thought processes; our systemic belonging. And what—on a soul level—is meant to be the way it is; is meant to be lived through, explored—as a human being on this planet, our world.

Whatever piece of work—that has to do with understanding love—we chose before this lifetime to explore, we are already on the way. With our time together—in the company of fellow travelers—we will take courage and gain new energy, in order to better understand the sacred mission that unfolds in our lives.

Sources of the work

In order to help the process, some basic knowledge of the structure and the function of the world of souls will be taught at the beginning and, where it is helpful, as the workshop progresses.

We will draw on information coming from the complex system of the “Archetypes of the Soul”—written from extensive trance messages channeled by Varda Hasselmann with Frank Schmolke (www.septana.de); from trance messages coming from “Michael”—channeled by various people; and from my many years of experience with my master Osho and others—Punjajee, Sufi-Baba.

I will certainly be helped by simply being my mother's daughter. (My mother—besides having been an utterly courageous soul—had been in touch with “the world beyond” since I was small.)

Techniques

We will work mainly—aside from all that has shaped my work over the years—with a choice of constellation formats, Somatic Experiencing methods, and will use music, silence, movement and creative means—according to the ebb and flow of the group's energy and needs.