



PSYCHOLOGY AND THE CHAKRAS

Psychology and the chakras— a two-day workshop exploring the model of the chakra system and how this system connects mind and body, inner and outer, heaven and earth.

The chakra system was laid down thousands of years ago and written about in the Yoga Upanishads and Tantric texts. Chakras have been described as centres for the reception, assimilation, transformation and transmission of the life force.

The life force is also known as the Chi, the Ki, the Prana, “The Force” ~ that mystery that makes us who we are.

Chakras are vortices of energy and blockages in the chakra system are associated with physical, mental and emotional symptoms.

Traumas and abuses we suffer during childhood can—and do—cause chakra imbalances, which then cause a block in the flow of the life force leading to physical, mental and emotional symptoms.

By the end of the weekend, participants will have explored each of the chakras, drawn their own chakra map and have a good idea of their own blockages and how to diagnose blockages in others. The chakra system will have been de-mystified and we will see how ~ far from being too heavenly to be of any earthly use ~ the chakras can be an extremely useful guide and integrated into a repertoire of tools for the creative therapist.

The workshop will be part-lecture, part-experiential.

During the weekend, I will draw on the works of Arthur Avalon , Anodea Judith, Caroline Myss and others to help explore:

- An overview of the chakra system
- What chakras are

see overleaf.....

- The location of the chakras
- The issues connected to each chakra
- The traumas and abuses that can cause imbalance in the chakras
- The 'rights' and identities associated with each chakra
- How the energies of each chakra manifest in our lives
- How childhood coping mechanisms evolve into excessive and/or deficient chakra patterns
- The relationship of each chakra to the developmental stages identified by Freud, Erikson, Lowen, Wilbur, Piaget, Maslow, and others
- How the life force can be blocked by imbalances in the chakra system
- How to diagnose chakra imbalances through presenting symptoms

WHO CAN ATTEND?

The workshop is open to *anyone* interested in the topic, but will be of particular interest to psychotherapists, counsellors, psychotherapists-in-training and student counsellors.

THE TIME

10am –5pm

THE PLACE

Workshops are held in Central London (Little Venice, W2) or Clophill, MK45, Bedfordshire.

THE DATE

Please email Lynn for 2015 dates.

THE COST

£200 for two days, including training manual

Certificates of attendance will be distributed on the final day of the workshop. This workshop can count towards CPD requirements.

HOW TO BOOK

To sign up, please visit Lynn's website and go to the workshops page, email her or call her. To pay online please text Lynn for her bank details, or send a cheque for the full amount to 61 Church Street, Lidlington, MK43 0RJ. Please include your contact details and state which workshop you're booking.

CANCELLATIONS

Please note that 50% of the full fee is non-refundable, non-transferable. Places cancelled less than 7 days prior to the workshop must be paid for in full.

CONTACT DETAILS

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Lynn Somerfield

Lynn has been in private practice since 1998 and works in Central London and Bedfordshire as a transpersonal psychotherapist, supervisor, tutor, group facilitator, and trainer.

She runs regular workshops and seminars on a variety of topics, is accredited by the UKCP and abides by their code and ethics.

