



NINE GATES MYSTERY SCHOOL

9722 Rim Rock Circle ♦ Loomis, CA 95650

www.ninegates.org

Nine Gates Mystery School Present Moment, Embodied Awakening: *A Comprehensive Body of Teachings*

Presented by Deborah Jones

Enlightenment is often pursued as a "desired state" to achieve, rather than developed as an embodied reality available in each present moment. Religious traditions promise enlightenment or salvation if you only construct your life around certain beliefs and practices. Beneath that promise however, all wisdom traditions teach that within every human being resides a Truth -- the Truth that we are not separate from all of creation, but rather we are each unique expressions of one Divine Reality. When we tap into that Divine Reality through embodied experience, and live out of it moment by moment, we develop toward the full expression of our innate capacity as healers, positive change agents in a world of internal suffering, sages and teachers. This is enlightenment as present moment, embodied awakening.

What we seek most resides nowhere other than inside the awakening of our embodied, compassionate, grounded Self! It is that close!

The following, although offered as stand-alone events and each complete in itself, the events build one on the other into a comprehensive body of wisdom teachings and experiences.

One Hour Evening Event:

Title: *The Wisdom Teachings of Ancient and Modern Mystery Schools? An Overview*

Ancient wisdom schools taught the spiritually elite, those chosen to become leaders and reformers of cultures and the world. These schools understood that an effective leader and teacher must have direct, experienced wisdom of the unseen forces which affect the planet; the spiritual, physical, emotional and energetic bodies of all sentient beings; and the power of the human mind. In this one-hour evening event, we will explore these topics experientially, and provide an overview of the types of work available in personal sessions.

2-1/2 Hour Evening Event:

Title: *The Heart of the Matter: The Human Heart as an Organ of Perception and Healing*

The human heart creates an enormous energetic field which has been examined and documented by today's sciences. However for eons, this powerful heart field was understood and utilized by wisdom keepers of all spiritual traditions. Can we actually perceive with our heart? Can our heart field actually communicate faster than our brain? Can the heart field be used by healers to entrain with the patient, allowing dis-ease to be soothed and even eradicated? During this evening event, we will experience the power and healing capacity of the human heart field resonance. You will leave this event with tools to use in your daily lives.

Title: *Tantra: The Unifying Energy of All Creation*

The most profound understanding of "tantra" is vaster than the reductionist interpretation of "having great sex". In fact, the word "tantra" points directly to the underlying creative principle of non-duality -- the principle of Consciousness which unifies all of existence. Everything in our world exists in dynamic relationship with everything else. This is the tantric view of life and death and all realms in between. During our evening workshop, we will briefly discuss this understanding of tantra and move into direct experience, using a tantric connection with a partner to work with the Taoist practice of the Micro Cosmic Orbit.

(Note to Bilgi: We will need armless chairs - 2 participants per chair - for the practice.)

Other Possible Evening Events during the Week: (if needed)

- a. Title: *Meditation: A Tool for Awakening*
- b. Title: *Tantra: The Unifying Energy of All Creation*
- c. Title: *Becoming Friends with our Emotions*

Four Hour Weekend Event:

Title: *Are You a Healer? Everyone Is!*

Our bodies are refined healing instruments with the capacity to receive, transform and transmit healing from very distinct energetic vibrations. In this 4-hour, hands-on workshop, you will develop skills for generating and offering healing from 1) the security and calm at the belly center; 2) the expanded heart field of compassion for self and other; and 3) the healing sound of the throat center.

Eight Hour Weekend Event:

Title: Nine Gates Mystery School: Explore the Teachings of Ancient Wisdom School

We are living in the most auspicious of times, when it's absolutely possible to turn the energy of this planet upside down – not the 2012 predictions of pole reversals or apocalyptic events, but rather a new prediction of human beings capable of living from the inside out – awake, vital, compassionate, and consciously co-creating our lives. Rather than focusing on “out there”, we are being called to learn how to bring our attention to this moment – to the Presence that lives and breaths and acts and thinks in and through each of us. That Presence is not separate from our body and this world, and yet it is not bound by them. Initiates of the ancient wisdom schools came to know these things directly through their training, which enabled them to demonstrate specific levels of mastery and devote their lives to the end of suffering. In this highly experiential workshop, we will explore spiritual keys (both practical and magical) for living into a Self-governing life!

Together we will:

- Experientially investigate the bandwidths of vibration in the human energy system, noting their differences and how shifting our energetic attention changes our perceived reality.
- Explore the necessity for being completely embodied, releasing aversions and resistance.
- Work with tools for releasing emotional blockages, thus cultivating a view of Self free of imposed self perspectives (both self-diminishing and self-aggrandizing).
- Experience inner Presence through practices of emptying, stillness and alignment.
- Learn healing modalities from various wisdom traditions and practices.
- Investigate deep appreciation for self and other, through tantric practices.
- Experience the voice as a healing instrument.
- Enter into highly charged energetic experiences as a way to move through self-censoring.
- Be invited into profound change.

Personal Consultations:

- **Personal healing sessions:**
 - Breema: Breema is a simple, natural form of touch and body movement supported by universal principles. The aim of Breema is to

bring us to a tangible experience of presence that becomes our foundation for a new dimension of health, consciousness, and self-understanding. In this private session, the client will receive a brief introduction to the nine Breema Principles, learn some Self-Breema sequences and receive a Breema Bodywork Session. Self-Breema and Breema Bodywork are done fully clothed on a carpeted surface using comfortable and natural rhythmic movements that offer a direct experience of unified body, mind and feelings opening the door onto transformational self-discovery.

- **Hypnotherapy:** Hypnosis is an effective healing tool. Your subconscious mind is "the wizard behind the curtain." Cognitive neuroscientists reveal that the profoundly more powerful subconscious mind is responsible for 95 to 99 percent of our cognitive activity and therefore controls almost all of our decisions, actions, emotions, and behaviors. Through hypnosis you can access your subconscious mind and make changes that support your highest intentions. Practitioner will introduce client to effective induction techniques, and work on a specific personal goal.
- **Spirit Releasement Therapy (2-hour sessions):** When the body dies, something of that being continues. What continues might be called the soul or an energetic imprint. At the time of death, the energetic body enters into a journey between the physical world and the spirit realm, and it is possible for the energetic body to get stuck along the way. It is even possible for the energetic imprint to attach to another person's energy field and cause physical, emotional, and psychological problems for that person. Spirit releasement therapy is a unique, intense session where practitioner works with the client to determine the underlying cause of a prolonged dis-ease and to release these energetic imprints, assisting them through the remaining part of their journey into the spirit realms. Once the attaching energetic imprint is released from the client, his or her body will be free to heal. (Client may want to consider also booking a Breema session to aid in integration.)
- **Spiral Balancing:** This spiral balancing is a unique technique designed to restore balance to the physical, energetic, and emotional bodies. Client remains fully clothed for the balancing and works with two Practitioners. Practitioner's hands are a few inches above the body during the balancing. The technique begins with attuning energy at the heart and continues in a spiral pattern that brings energy to each of the seven major chakras and some minor ones as well, first spiraling outward and then spiraling back into the heart. The balancing offers a deep feeling of relaxation and harmony, with other benefits to Client such as mental clarity, reduced feelings of stress and renewed vitality.

- **Private meditation coaching:**
 - Improving your Meditation Practice: In this private session, practitioner will work with client's existing meditation practice to improve body posture and concentration.
 - Awakening Meditation: Most people think of meditation as a form of relaxation; when in fact meditation, as practiced in all wisdom traditions, is meant to be a tool for awakening. For example, Buddhist and Hindu masters practice meditation as a doorway into states of inner stillness where the mind is alert, has been trained to "stay" where it is put, and heightened states of awareness known as Samadhi are attainable. In this private session, practitioner will coach client on these meditation tools and techniques. (If the client wishes to book several sessions, each session will build on the practices of the previous one, allowing client to stabilize his or practices and become masterful with their meditation.)

- **Spiritual counseling:** In this private session, client will bring a specific situation or concern which he or she would like to receive spiritual counsel on. Practitioner is highly skilled with many counseling techniques, which will be used dependent upon what practitioner and client uncover together.

- **Energy management:**
 - Managing kundalini energy: Kundalini is a psycho-spiritual energy, the energy of the consciousness. *Kundalini* is Sanskrit for "snake" or "serpent power," called this because it is believed to lie like a serpent in the root chakra at the base of the spine. This energy can be aroused either through spiritual discipline or spontaneously to bring new states of consciousness, including mystical illumination. The phenomena associated with kundalini rising varies from bizarre physical sensations and movements, pain, clairaudience, visions, brilliant lights, super lucidity, psychical powers, ecstasy, bliss, and transcendence of self. It is very important not to rush the movement of this energy up the spine. The private session is for clients who have this energy moving in their energy field and need to know how to manage it properly so it serves his or her spiritual awakening instead of causing pain or other concerns.

 - Energy counseling: In this private session, client will bring a specific situation or concern about energy which he or she would like to receive guidance around and practical management tools. Practitioner is highly skilled with many energy management techniques, which will be used dependent upon what practitioner and client uncover together.