

Nordic School of Holistic Medicine ApS, Copenhagen, Denmark

**Presents its annual 5-Day Summer Camp
15th – 21st July 2012, Elsebråne, Sweden**

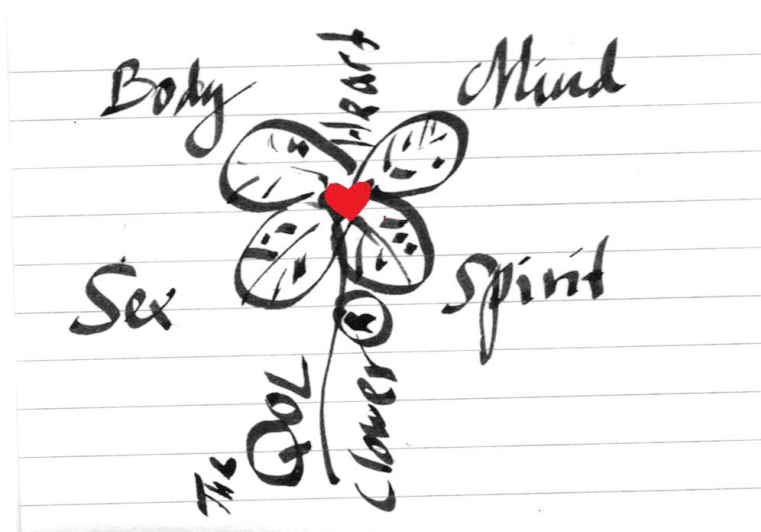
‘Find Your Self – Heal your life’

Improve your Quality of Life – Happiness ☺

The Art of Spontaneous Life Management – Effortless Living

Find your True Self – Access your True Potential

This course is based on the Philosophy of Quality of Life, inducing emotional, existential and sexual healing and improving physical and mental health.



The course will be facilitated in English

Location near Karlshamn, Sweden

about 2 ½ hour's drive from Copenhagen by train/car

including basic accommodation and food only:

Early booking rate: £ 530 / US \$ 820 / Euro 600 / 4500 DKK / 5300 SEK

by 21st June 2012; thereafter £ 590 / US \$ 915 / Euro 660 / 5000 DKK / 6000 SEK

**To book your place, please contact Gudrun on 01483 476 599 or 07948 735 475 or
e-mail beinghappyandhealthy@gmail.com**

This 5 day course focuses on philosophy of life, on getting to know yourself, to be become aware and to embrace your true potential. It will have a profound impact on your quality of life, induce emotional, existential and sexual healing, improve physical and mental health and introduce you to the art of spontaneous life management.



In a relaxed and happy atmosphere will we work with emotional and existential healing, eat good, vegetarian food, take long walks in one of Blekinge's most beautiful nature reserve, situated just next to the farm, and enjoy sauna, lake swimming and other fun activities.

Self-inquiry will be inspired by video-satsangs with the spiritual masters Sathya Sai Baba, Osho, Papaji and Mooji. Living is simple here; every evening we will meet and have a good time.

The farm is ruins of a big farm rebuild 1844, and is in the process of being lovingly restored... it is not even of the standard of a one star hotel - more like a scout's cabin. Everything is very simple, old, rustic, and not at all

modern. Don't expect more than that. So the beautiful setting of the farm easily makes up what we might lack on modern conveniences ☺ (more pictures of the farm on www.qualityoflife.dk)

What people are say about Soren's Classes:

This course made my dreams a reality. I am now free! Nothing will prepare you for this course. Arrive with no expectations and will leave without the shackles of life. Finally being free. I wouldn't change anything about this course but would help make it part of contemporary life! **Will Reeves, Ireland March 2011**

Freedom, feeling of security and warmth, not following set rules and plans. I loved the feeling of letting go and surrendering to being. Finding inner peace and calmness and knowing I'm safe - truly safe. I have found what I have been searching for, despite not knowing what it is I have found! **Michelle Murphy, Ireland March 2011**

I really enjoyed the simplicity of this course. It really brought all the knowledge and work I have already been doing to a much deeper level – the knowledge is now sinking into more of a knowing. Søren's facilitation was simple and beautiful. **Dionne Bihari, BodyTalk Practitioner, Saskatoon, Canada July 2011**

COURSE CONTENT IN DETAIL:

Quality of life and spontaneous life management

Can you be truly happy? Of course you can. All it takes is a fair amount of insight into your Self. You need to understand your ego and your own divine nature in your human core; and need to use all you are wisely and in loving service of others. When you are happy you can love and when you can love others you can help them to heal their life. Consiousness is the key to personal freedom, beautiful and effortless being, a healthy body and mind, emotional intelligence, the gift of unconditional love and an unbound, happy one-to-one relationship. Understanding your life includes a deep seeing into the identification with body and mind, and this will free all aspects of you, from mind to sexuality.

Profound self-insight allows you to understand your role in the world and to engage all your personal resources and talents of body, mind, spirit and heart in your living. Your life will spontaneously self-organize as you become an integral part of the universe and tab into the many intelligences of the healthy, awakened human being.

Physical health and healing of the body

Physical health cannot be understood separate from mental, spiritual and sexual health. The energies and inner order of the human body is strongly associated with our consiousness and the way we live. The last decades of research has

documented that patients who change their lifestyle, and develop their self-insight and ability to feel and be loving, to be close and intimate with others, often can heal even a sick heart or cancer. A famous example is Dean Ornish's holistic-medical cure of coronary heart disorder, which is now acknowledged even by the American health care system Medicare, and Dean Ornish has also recently shown dramatic positive effects on cancer of holistic mind-body medicine.

The classical European holistic medicine is the Hippocratic Mind-Body medicine, which the last two decades has been developed into scientific holistic medicine (CHM) by a team of 25 dedicated researchers and therapists. This kind of medicine has supported self-exploration and self-inquiry at its core. In this course we will work with this method to learn the basic principles of holistic healing of feelings and existence. Emotional healing has three simple steps: Feel, understand and let go of negative beliefs.

Sex, love and the happy one-to-one relationship

Love, sexuality and being at ease with our body are important in our personal life. Most people have problems around sexuality so it is important for yourself to understand your own sexuality and have a fair degree of sexual health. At this course we look into some of the holistic theories and models of sexuality and the principles and practical methods of sexual healing.

Sexuality is the life force, and only when sexuality and consciousness meet and merge together in a balanced wholeness can we be happy and healthy. The sexuality of men and women are quite different and a good understanding of the art of communication as well as one's own and the other gender's sexuality is necessary for a happy and well-functioning one-to-one relationship.

Love and sex must go together if sex and relationship is to be beautiful and happy. We explore into this relation and we help each other to heal sexually. The classical methods of talk and touch therapy and self-exploration and self-inquiry will be used.

The healing of the mind

Mental disorders continue to torment mankind and today a major fraction of the population in the western world suffers from depressions, anxiety, psychosomatic pains, schizophrenia-like psychoses and personality disturbances. Holistic psychiatry has been an integral part of the traditional European mind-body medicine going all the way back to Hippocrates 400 B.C. The key to healing has always been supported self-exploration and self-inquiry, and knowing oneself has always by this tradition been considered to be only efficient medicine for mental disorders. The last three decades of research has documented that talk and touch therapy is highly efficient in treating most mental disorders, and in this course we utilize the traditional methods of holistic mind body medicine.

Spirituality and the art of self-inquiry

From the Oracle of Delphi to modern day holistic medicine all major aspects of health, happiness and ability come from knowing one self. The core of holistic medicine is therefore guided and supported self-exploration. The methods for this have since the beginning of medicine been simple: therapeutic talk and touch. Even today mind-body medicine using a combination of these two basic techniques is one of the most powerful types of medicine known to man.

Self-inquiry reveals that human existence consist of many layers. At the core is consciousness and its sourcing in the Self, the divine beingness out of which the whole world emanates and which often has been called things unconceivable and abstract names like "infinity", "love", "emptiness" and even "God". Consciousness resonates in the body as "I am" and gives us the fundamental experience of living in this world. The "I am" can identify with the body and give rise to the fundamental identity, which again can be extended into the ego. Ego can again be extended into all kinds of fantasies, imageries, visions, philosophies etc.

The step from fantasy to ego is often difficult, as one tends to get away from the ego. The step from ego to identity is often also emotionally difficult as we have all kinds of emotional problems related to body, gender and sexuality. From the identity the next step towards identity goes to consciousness and awareness, and from here there is only one step back to the source, the divine and eternal Self.

About the course

The course is aimed and suitable for you if you are interested in:

- coming back to your core, living a happy and fulfilling life, have an interest in personal growth, health and spirituality.
- developing your medical or therapeutic practice to make it more holistic or in practicing alternative non-drug medicine of any kind. This course will give you a good insight in the art and science of holistic mind-body medicine and emotional, existential and sexual healing. It is training in scientific holistic medicine (CHM); it gives you 50 hours of intensive training in theory and practice of clinical holistic medicine.

For those interested in practitioner training, please refer to the list of recommended books/videos at the end of this document.

The participants will work in groups and with a partner chosen amongst the participants to establish their own personal truth and realise how to live it. Classical methods of holistic therapy and supported self-inquiry will be used. Experience has shown, attending this course can be as effective as about ½ year of therapy.

Please note that the curriculum of the course might be subject to change, according to the needs of the participants and the development of the course from year to year.

Pre-requisites / Criteria of exclusion

No pre-requisites are necessary but if you have a physical or mental disorder you must let us know before the course. You cannot participate if you take anti-psychotic drugs.

About Søren Ventegodt



Søren Ventegodt, often called Janu by his friends, facilitates this summer camp. With his guidance, the things that make life hard and difficult become simple and easy.

Janu has spent over 20 years looking at the relationship of Happiness - Health - Philosophy of Life & Self Awareness. His insights are presented in a simple yet profound way - to empower people so life can unfold and flow naturally, allowing for a fulfilled and happy life.

Scientific and Spiritual Studies: Søren Ventegodt, MD, EU-MSc-CAM holds the European Masters degree in complementary, psychosocial and integrative medicine and is often acknowledged as a leading researcher in holistic medicine and quality of life. He has written about 200 scientific papers on holistic medicine and the course is based on the five textbooks in holistic medicine he has co-authored. He is the director of the Research Clinic for Holistic Medicine, Quality of Life Research Center, and Nordic School of Holistic Medicine, Copenhagen. He is editor of the Journal of Alternative Medicine Research published by Nova Science Publishers in New York. His unshakable belief in the great significance of spiritual and sexual health for the improvement of quality of life, physical and mental health has made him one of the controversial thinkers in today's scientific and medical world. He is a dedicated student of Osho, Sathya Sai Baba and Mooji.

For details on Janu's background and academic work please log onto www.qualityoflife.dk

Itinerary for the 5-day summer camp, Week 29 from 15th – 21st July 2012

15th July is arrival day, any time before 4 pm is good, just let us know what time you will arrive approximately. Get settled in, meet the other participants and share an evening meal. Arrival before the 15th is possible, please contact Gudrun for details.

16th – 20th course as outlined above

21st July is departure day with a shared breakfast, wind down and farewell. Departure around noon.

Course Venue:

at Kursusgården Elsebråne, Elsebrånevägan 588-8, 374911 Asarum
I Elsebråne, Asarum, **Karlshamn**, Blekinge, Sverige

Costs

Including vegetarian food and basic accommodation

Early booking rate: £530 / US \$ 820 / Euro 600 / 4500 DKK / 5300 SEK payment/1st instalment by 21st June 2012; thereafter £ 590 / US \$ 915 / Euro 660 / 5000 DKK / 6000 SEK. Payment by PayPal or electronic transfer

Travel from Copenhagen Airport to the venue:

From the Copenhagen airport terminal is a direct train link to Karlshamn. From there it is about 20 minutes taxi ride (about Euro 35) You can view the time table or book your train ticket on www.sj.se

There is on the top left corner a tap for English language setting.

For booking or if you have any questions

please contact:

Guðrun Wiedemann on

land line: + (44) (0)1483 476 599

mobile: + (44) (0)7948 735 475

e-mail: beinghappyandhealthy@gmail.com

We are very much looking forward seeing you there.

Søren / Janu and Guðrun

For those interested in therapist training, the following books/videos are recommended:

Ventegodt S, Kandel I, Merrick J. Principles of holistic medicine. Philosophy behind quality of life. Victoria, BC: Trafford, 2005. Ventegodt S. Livskvalitet. Forskningscentrets forlag 1995.

Ventegodt S, Kandel I, Merrick J. Principles of holistic medicine. Quality of life and health. New York: Hippocrates Sci Publ, 2005.

Ventegodt S, Merrick J. Sexology from a holistic point of view. A textbook of classic and modern sexology. New York: Nova Sci, 2011

Ventegodt S, Merrick J. Principles of holistic psychiatry. A textbook on evidence-based holistic medicine for mental disorders. New York: Nova Sci, 2011.

Manjusri and Zenji. Breath of the Absolute. Dialogues with Mooji. Mumbai: Yogi Impression Books Pvt., Ltd. 2010.

The satsang videos on www.mooji.org