

## KABBALAH AND OUR MIND AND OUR VISION



**Saturday 9th October**

In this workshop we will look at the Kabbalistic tradition of our Mind and our Vision. We will study the Tree of Awareness, and with different meditations, the relationship between the psyche (the Yetziratic Tree) and the Spirit (the Beriatric Tree) will be investigated. The Way of Contemplation, and the training of the focus of the mind, provide a clear method to connect to and experience the upper worlds. We will also study the experience of our Vision externally and internally. Firstly exercises will be taught to help understand how the perception of our environment is intimately entwined with our Fate (the condition we came into this world with). Then guided internal meditations help us to develop our internal vision bringing us more into contact with the upper worlds. With practise we can stabilise these experiences gradually harmonising both the internal and external vision. This in turn can help develop our vision of our potential Destiny.

**Teacher:** The workshops will be with Andy Henry, who has been teaching Kabbalah since 2005. He has studied Kabbalah with Z'ev Ben Shimon Halevi and other teachers since 1995. He is also a well established teacher and healer in the Eastern Traditions, running healing clinics and teaching groups in England, Spain and Portugal since 1990. The workshop will be in English with Spanish translation.

**Venue: Online via Zoom**

**Time:**

**Morning session: 10:30–12:00 (UK time)** The morning session will be open from 10:00. Please aim to join the session before 10:15 so that Andy can begin on time.

**Afternoon session: 14:00-15:30 (UK time)** The afternoon session will be open from 13:45. Please aim to join then so that Andy can begin on time.

**Donation:** The workshop is offered free to support those financially impacted by the pandemic. However, if you would like to make a donation that would be greatly appreciated.

**Booking:** Please book your place with Amyas on [taijiwuxigonglondon1@gmail.com](mailto:taijiwuxigonglondon1@gmail.com)

**Please note:** all admin related queries should go to Amyas at [taijiwuxigonglondon1@gmail.com](mailto:taijiwuxigonglondon1@gmail.com). For queries about study, experiences or practise please email Andy at [taijiwuxigong@hotmail.com](mailto:taijiwuxigong@hotmail.com).

