

An online workshop to introduce the Kabbalistic Tradition and its practises for our Mind.



Saturday 21st November

In the morning session we will introduce the Kabbalistic tradition and its relationship between the essence of spiritual practise and our mind. In Kabbalah this is called the Way of Contemplation and in the practises of the mind we will investigate the relationship between the Psyche (the Yetziratic Tree) and the Spirit (the Beriatric Tree).

In the afternoon session we will try introduce and develop specific practises using the Tree of Awareness and the Tree of Sound, as well as a guided meditation to help us meet and work with the

different aspects of our psyche. As we follow these practises we can develop in the experience of the flow of grace from above and how it comes out in the world and how we can take part in that.

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 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

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

