



True Development Means Becoming Who You Are

Resonance with Your inner Being

A 4-day workshop held. In Byron Bay in "Temple Byron" in the Yurt
15th – 18th April 2010. All days 10AM – 6PM

Price: \$500

Please enrol by March 15th

Have you ever noticed that working with yourself poses a double-bind: you want to change yourself so you are happier, more empowered, more at peace – so you become more who you really are. But on the other hand - how do you become the real you by changing you?

WHO ARE YOU? Are you a product of your upbringing or an eternal being who happens to have an "Earth-experience" this time around?

Well, we believe both are true – you are here on Earth in a physical body, and yet – the real you is not your body. Coming back to yourself means moving from your ego, your personality, to the higher Self, from a time-bound product of outer circumstances to free, joyful beingness.

Well this is all good, but how do we do it?

Meditative tools is the way, because meditation - the state of meditation and not the technique of meditation - is the only bridge between our ordinary consciousness and higher consciousness.

"I just finished the 6 month Ascension course and have found it fully life-changing. From a grounding of truth and integrity, Starbridge have helped me to re-connect with my true Self. Thank-you Erik for wisdom and beautiful ability to help me 'come home'."

Erik's way of working is essentially to be a catalyst for the spiritual potential in the group and to make it available for development. Through the years he has developed an uncanny ability to hit the nerve of an issue, but he never goes further than you and the group want him to go..

Because of this approach a schedule for these four days is not easy to give, but in general we will move from integrity, dignity and safety via cleansing and transformation of issues and blockages on the different levels of our being, gradually moving towards the central channel in the spine for ascension towards higher consciousness. We will be using Ulla's beautiful and empowering pictures, the series "The Path Of Dharma", alternating with music intuitively chosen from Erik's large and varied music collection, and periods of silent meditation.

Ulla and Erik, a psychologist and counsellor pair from Starbridge Centre in Melbourne, have been working with personal and spiritual development for more than 25 years in Denmark as well as in Australia. For further information go to our website.

Looking forward to seeing you,
Ulla and Erik

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Enrolment form

Please tick your payment method below:

Direct Deposit []

Account Name:
Starbridge Centre

Account #: 198817
BSB: 033382

Over the phone or online []

Phone: (03) 9437 2438

or

Url: <http://t.starbridge.com.au/truedb>

Included Cheque []

Please include along with enrolment form and mail to:

6 Raglan Court Research Vic.
3095

Total amount enclosed/insert on account/paid in Paypal: _____

Name(s): _____

Address: _____

Postcode: _____ **Phone :** _____

E-mail: _____

Your signature on the enrolment form confirms that you have read and accept the following:

- I promise to respect the confidentiality of other members in the group.
- I agree to maintain full responsibility for my physical and psychological well being during the full course.
- I am aware, that unless *Starbridge Centre* is forced to cancel, the fee paid is non-refundable (but convertible to other activities within a year or as agreed with us).

Signature: _____ **Date:** _____

Starbridge Centre

Address: 6 Raglan Court Research Vic. 3095

Phone: (03) 9437 2438

Email: ulla&erik@starbridge.com.au

Website: <http://www.starbridge.com.au>

Contact **Inta Rudacs** for Accommodation,
Food & Logistics.

Phone: (02) 66803 847

For information about **The Temple** visit

<http://www.templebyron.com/> or

call 02 6680 861