

# The Hladina Method® Workshop

HeartQuest Holistic Wellness Centre, Vancouver, BC

May 1-3, 2009



Soleil Lithman M.A. Transpersonal Counseling Psychology, founder of the Hladina Method, in private practice since 1987. Soleil met The Mother in 1971 has been on the path of the Integral Yoga ever since. Amongst the participants of her trainings and seminars are shadkas of different spiritual paths as well as medical doctors, healing practitioners, scientists, and others. "Layers of the Heart" is the core process around which all other aspects of the Hladina Method are integrated. In workshops, this is preceded by the "Contacting Cellular Consciousness" process.

Friday 7-9pm Introduction of ourselves, overview of the theories behind the Hladina Method and an informative power point presentation.

Sat. 9am-5pm Process 1: Clearing Cellular Residue

**Method and Results:** Through group and dyad exercises and drawing, participants are taken into deep awareness of their own full body and the minute cellular consciousness. Participants learn to facilitate an other person in clearing cellular residue and integrate the messages and wisdom gained. Participants also receive this kind of session for their own benefit. By learning to facilitate an other person participants are also learning how to go through the steps for on-going self-facilitation. Many chronic physical symptoms disappear as the body parts feel that their messages are received. This results in a sense of profound connection, inner harmony, fulfillment, and acquiring new self-help tools with greater self insight, compassion and love.

## Sun. 9am-3:30pm Process 2: Layers of the Heart

**Method and Results:** Through group and dyad exercises participants are taken through their own full heart center awareness. Participants learn to facilitate an other person in resolving issues presented at the emotional heart center at the level of the sternum, then go deep into the soul center at the level of the physical heart. From there the facilitator assists the voyager to the area behind the physical heart into the transpersonal experience. All that is beautiful, light filled, and supportive is then brought back up through the layers of the heart. Participants also receive this kind of session for their own benefit. By learning to facilitate an other person participants are also learning how to go through the steps for on-going self-facilitation. We end with more art work and sharing.

This Layers of the Heart process is profoundly life changing. Most people experience “coming home” as never before in their lives. Many participants see the light and feel the purity of their soul center for the first time. By going through the body consciousness at the heart level the experiences become anchored in the Akashic record of the cells. This makes returning to this experience in meditation much easier. People “get” that they are indeed a continuum of being. This is the beginning point for being able to walk through all of life with the experience of simultaneity- One is a person, soul, and seamlessly connected with the ALL.



**Time:** Friday, Sat. and Sun as noted above

**Location:** HeartQuest Holistic Wellness Centre, Suite 204, 2250 Commercial Drive (between 6<sup>th</sup> and 7<sup>th</sup> Avenue), Vancouver

**Attendance fee:** Vera Lagasse, phone 604-433-4396 ; email [Vera\\_Lagasse@shaw.ca](mailto:Vera_Lagasse@shaw.ca) . The attendance fee is \$ 200.00. Please send a check by April 20 for this amount to: Vera Lagasse, 6137 Sperling Avenue, Burnaby, BC V5E 2T8.

**Bring:** Loose clothing to move in, a pillow, a sheet, light blanket ,a notebook and pen. We need six additional massage tables, please let Vera know if you can bring one. Thank you! There is [parking on the street and many eating establishments close by for lunch.](#)

**Information on the Hladina Method:** [www.inlightenbody.com](http://www.inlightenbody.com)  
Book as hard copy or download at: [www.lulu.com](http://www.lulu.com) , search for *Inlighten the Body-The Hladina Method*.



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