

The Hladina Method

10 Day Level One Certification Training Program, Ashland, Oregon, Oct.1-10, 2009

Schedule outline and general notes

The focus of this training will be for each one of you to develop the skills necessary to feel confident to be a level one Hladina Facilitator. Your own experience in each of the five main areas will be of equal importance and lays your inner preparation for facilitating others.

Each day, except day 6, you will give a 50 minute session and receive a 50 minute session. On most days I shall be demonstrating a session, so each one of you will also have the opportunity to be a client for the benefit of the whole group. There will be more time for writing notes, asking questions, addressing specific issues and an introduction to additional processes, than in my usual workshops. We shall draw on at least three of the days, and still do fun group movement exercises.

Besides the powerful experience of Mt. Shasta you can expect inner mountains to move. However much inner work you have done in the past, I can guarantee that you will clearly embody far more of your essential self and integration in present time, feel empowered in your soul destiny, and ready to assist others.

Time each day

9am-5pm Lunch- 12:30-2pm. Wolfgang will transport those who wish to go to our local natural foods (BIO) Co-op Deli for lunch, or you may bring a lunch and use the Jackson Well Springs facilities. Snacks during the workshop shall be provided. From Day 4 onwards most of you you will be staying at a vacation home with a full kitchen. You may make your breakfast and dinner or go to one of Ashland's many fine restaurants. You will be one block from downtown, the beautiful Lithia Park, and the natural foods Co-op.

Day One- Introductions, Layers of the Heart and taking the inner energies into one's aura; considerations for when not to use this process with clients. Topic- the difference of New Creation protection and body's old stress reactions.

Day Two- Inner Female Integration (Complete Integration w/body on Day 7)

Day Three- Inner Male Integration (Complete Integration w/body on Day 7)

Day Four- Clearing Womb Residue

Day Five- Creative Fulfillment (Complete Integration on Day 7)

Day Six- Take your Creative Fulfillment project to Mt. Shasta. (See details below)

Day Seven- Morning- Complete Creative Fulfillment with the additional information, vision or integration from Mt. Shasta

Afternoon- Complete Male Female Integration with going to the cells of the belly and back.

Day Eight- Morning- Book discussion & how to write future session briefs

Afternoon- Various ways to enter sessions and practice sessions

Day Nine- Clearing Cellular Residue for old injuries, taking the whole process back to the cells, and discussion on physical disease and ways to work with clients

Day Ten- Morning- final practice sessions

Afternoon final sharing of our drawings, major inner shifts, and insights.

7pm Dinner Celebration together at Soleil's and Wolfgang's house

Regarding Day 6:

Mt. Shasta is famous for its powerful spiritual energies. This is an optional outing (additional \$ 40, led by Wolfgang) which I highly recommend. There will be time for hiking, silence, deep meditation, visioning, and journal writing. Wolfgang and I have checked out two areas, close to each other, which have very strong geomantic qualities. We both felt that one area feels like Tibet and the other feels like the eternal creator which the Native Americans tuned into. I find that the magnetic qualities of the double coned volcanic mountain bring an inner realignment for higher harmony. Many people find it very easy to see and communicate with their spiritual guides here. Before going up the mountain Wolfgang shall stop at the headwaters of the Sacramento River, where you will fill up your water bottle. This water comes directly from Mt. Shasta, goes under ground, and then comes out in a park in the small town of Mt. Shasta. The water is also considered sacred. So you may also wish to add your highest intentions for the day and for your creative project to the water. Then you can drink this water while you are on the mountain.

Bring your own snacks, lunch will be late, at about 2:30pm at the natural foods deli in the town of Mt. Shasta. You will have an hour afterwards to shop at the bookstores and New Age stores. The town is a mix of an old west type town and New Age. They even have a store which sells flower essences for pets!

What to Bring

Notebook, pen

Set of colored markers or crayons

An object, which symbolizes your project for the Creative Fulfillment Days

(Come with the idea of a project that you wish to manifest, this can also be an inner project or qualities of yourself. Select an object which symbolizes this project. This will also be the object that you take to Mt. Shasta on day 6, such as a crystal, photo, sacred carving or small statue, etc.)

Comfortable clothes to move in for the 10 day training;

Swim suit (The training is being held at Jackson Wellsprings which has a cool swimming pool and hot pool. Both have the very special Lithium water which has made Ashland a healing center for thousands of years, originally by the Native Americans. Participants may use these facilities at a discounted rate)

Light jackets, one or two sweaters for the evenings and mornings & for Mt. Shasta (It does not usually rain in the first half of October.)

Shoes for Mt Shasta. These should be hiking boots or sturdy walking shoes that you don't mind getting dirty. The trail is rocky and sandy and begins at the tree line, at 7100 feet or 2300 meter

Sunglasses or sun hat for Mt. Shasta.

***Welcome to Ashland and its connected power places.
And Welcome to the Hladina Method training!***