

Physics and Metaphysics

Talk – Using the concept of energy—physical, emotional, mental, or spiritual—it is possible to begin a unified description of all these levels of human existence. Although we experience these energies differently, by applying basic principles as discovered in the physical sciences over the last 400 years, we can understand the basic dynamics of human experience on all its levels.

These principles can simplify and guide our understanding of human social dynamics, the general processes usually referred to as “karma”, what it means to “be in our power” and the nature of healing and spiritual growth. It is possible to demonstrate the parallel application of these concepts on the various levels, helping to ground the metaphysical into the physical and extrapolate the physical into the metaphysical. This process helps to conceptually unify many of the primary lessons of the great teachers, but in simple terms that everyone can understand that are neither overly technical nor mysterious.

In the introductory talk we will cover the main features of the basic model and touch on some of its primary applications:

- Notes on models in general
- The basic energy body concept
- Energetic patterns, formation, flow, and attachment
- Karma, trauma, non-attachment and healing
- Resonance concepts and human social dynamics

Workshop – An expanded presentation of the above concepts. We will cover the main aspects of the model, but in more detail. We will also spend more time on applications. There will be more experiential pieces, including guided meditations and interactive exercises designed to facilitate your experience of the energies we are discussing. This is open to all levels of experience. Engineers welcome, you know more than you think!

- Conceptual background
- The energy body, theory and experience
- Energy body interactions, theory and experience.
- Basic energy body tool kit. Something to take with.
- An introduction to energetic self-healing.