



Soul Cycles

Personal & Collective Evolvement
Alternative Healing
Social Artistry

The Falcon's Cry - it is time

An Introduction to Duality, Resonance and Ecstatic Trance

Practice 1, with focus on Shadow Integration

Resonance and duality are interactive, basic and universal principles, always active, and including each other. They weave through 'All' that is, through body, spirit and soul, through inner and outer reality, and they influence and shape all life on earth. All life grows through the never ending interaction of resonance and duality. Only the understanding of this 5th element, 'relation', is, what creates true harmonious patterns of being.

Shadow Integration is the path of the Hero through Duality:

Freeing and integrating the suppressed and hidden parts in our personal shadow (the gold and the dark), doesn't only give us access to greater authenticity, potential and life-energy. It also liberates the collective shadow from our projections and therefore effects the whole world.

Resonance as the path of the Goddess towards Wholeness:

Learning and practising a felt-sense receptivity, without judgement, will connect us to use the greater abilities within and allows us to resonate with 'All' that is. If we sense our given true place within the Great Creatrix we co-create wiser solutions that support all life on the whole planet.

Ecstatic Trance as resource and entrance to Greater Spaces:

Holding sacred body-positions, accompanied by a rhythmic sound, has been a divination tool for thousands of years.

When: 6th - 11th February 2012
Where: Chateau Bellevue, French Jura, France
Seminar fee: 1200 CHF
Prices Hotel: approx. 60-70 Euro p.P. for stay and meals per day
(cheaper dormitories are available)
Registration: is required latest 6 weeks before start

IMPORTANT: Every participant who pays the week can bring one person who participates for free, as long as this person is able to pay for her/his room and meals.

For details see: www.soul-cycles.com at dates
or contact: Betina Hermes, hermes@soul-cycles.com, Tel.: +41 79 6001525



Betina Hermes is a mentor and mediator, a therapist and teacher, a soul-searcher and lover of nature. Her understanding of different cultures and behaviours deepened through the experience of living and travelling in India for 12 years.

Betina worked as a teacher and class Dean for 7 years at the Snowlion Center School for Integrative Energy Therapy. She graduated from the Centre of Intentional Living for Depth Psychology and Spiritual Development. Currently Betina is researching Archetypal Psychology. Her passion for the Soul's depth motivates her own explorations, and inspires Soul Cycles diverse offerings.

