

Welcome to The seven Doors to Awakened Consciousness

– The Yellow Ray course and retreat in Järna (Sweden) 24-28 Jul 2017

with Rahasya



History:

In this precious time, where the potential for Global Awakening is manifesting more and more, Rahasya and Nura felt to draw upon their vast experience in personal Transformation and Esoteric Sciences, and create a series of courses that can help to initiate and stabilize the recognition of Awakened Consciousness, of Oneness within and without.

Based on their many years of work and experience in the Osho School of Mysticism in Poona, India, from 1986-1996, insights they gained through the Aura-Soma colour care system, their precious time spent in the Oneness University near Chennai, India, and their personal spiritual development, they created a training for laymen and professionals to get a glimpse of Awakening through each of the different Chakras.

This training has been and is offered in many countries around the world like Taiwan, Korea, China, Germany and Australia. It has been received with much enthusiasm and gratitude.

In addition, for further education in working with people, The “Transforming Lives/Counselling from the Heart” course is also part of the training structure.

To recognize and remember oneself as pure consciousness, as the infinite inner sky, creates a completely new vision of life. Nothing more is needed. As every human being has a different past with different experiences and different insights, one of the seven doors may be a more familiar path to be recognized. Yet to “re-awaken” through each of the Chakras “again”, gives the participant the possibility to sense a new fragrance of awakening through each ray.

Jesus is said to have awakened through the Heart Chakra, so his teaching became that of Love, **Mohammad** through the Throat Chakra, so his teaching became that of devotion and surrender to Allah, **Buddha** through the Third Eye Chakra, so his teaching became that of Awareness, **Shiva** through the Crown Chakra, so his teaching became that of Oneness, and each of these Avatars has been the inspiration for a specific religion with a certain fragrance.

In this time of global Awakening we may be able to move from Religion to Religiousness and experience the taste of freedom through more than one door, thus enjoying the whole spectrum of the rainbow of human consciousness. “The Seven Doors to Awakened Consciousness” can give a taste of this possibility.

The logo for 'ettmedlivet' features a small butterfly icon above the text 'ettmedlivet', which is written in a cursive, handwritten-style font.

Samtalsterapi, Parterapi &Handledning
www.ettmedlivet.se

Description:

Life is in living what is. Whatever situation we find ourselves in, this is exactly where we need to be, where we learn and grow in consciousness.

Our obsessive need for change and inner argument with reality as it is keeps us split and in separation. We lose our energy in inner conflict and struggle, and the outer world becomes a reflection of that. Change does not happen through our attempt to change, but through allowing all inner conflict to melt.

Every experience in our life is a door, our suffering and pains as well as our most happy moments. The Seven Doors to Awakened Consciousness offer a deep understanding of how to keep our doors of experiences open.

Consciousness is one, shining its light from within on all that we are. As it expresses itself in life, its light appears fragmented into a multitude of vibrations and colours, like a rainbow.

Through each colour of the rainbow we can remember the light within. Through each experience in life we can realize Oneness Consciousness in its background and open to peace, love and causeless joy.

Grace is the medium for this realization, personal effort can bring us to the door.

In a series of 7 courses we shine the light onto the major doorways to Awakened Consciousness through experiencing, accepting and understanding the complex personality issues related to the seven Chakras or energy centers in the human psychic body. Through a direct transmission of presence, we can release the tensions of all inner conflict and open to a new vision of life.

In each course, we explore a different ray of consciousness. Altogether we offer 7 courses, covering the full spectrum of the rainbow of our Being: red, orange, yellow, green, blue, royal blue and violet.

The Yellow Ray

The third course allows grace to open the door to awakening within the yellow ray. Yellow is the colour of the sun, connected to the solar plexus or third chakra. It is related to the sense of self, the right use of will, intellect, intelligence, individuality, healthy boundaries, originality, power, action and performance, determination, decisiveness, authority, joy, charisma, integrity, presence and wisdom.

In unconsciousness, the third chakra gives us the strongest sense of separation through egoic identification. The challenge in the yellow ray relates to fear, control, strategies and defence mechanisms in the attempt to avoid pain. It gives rise to power trips, judgments, blame, comparison, competition, and issues of powerlessness, inferiority and superiority.

Through Aura-Soma, Meditation and Satsang we can become aware and shine the light of love and consciousness unto the patterns of the third chakra. We can meet ourselves with unconditional love, cut through power trips and awaken to reality. We can open to an awareness of the potential within the yellow ray and support our own and other people's flowering.



Through a direct transmission of presence, we can allow grace to bring consciousness and healing to the third chakra, guiding us towards integrity and a natural power within. Grace can support a melting of all separation and an empowerment of our individuality. As we burn through the misunderstandings of separation we can recognize, honour and appreciate the uniqueness of ourselves and others and assert our individuality. We can find the power to act and make a difference.



Dr. Rahasya Fritjof Kraft

Rahasya is a mystic, physician, spiritual teacher and author who has been working with people for more than 35 years. Meeting his master, Osho in 1980 revolutionized his life and led to a deep understanding of his being. Rahasya's teaching is simple, profound and deeply transformative.

Rahasya practiced as a general physician in Germany for 8 years, including Acupuncture, Hypnosis and Psychotherapy in his work.

A meeting with the spiritual master Osho in 1980 opened him to meditation, spiritual therapy and mysticism. He was educated in Germany, France, the USA and India, where he lived and worked for 10 years at the Osho Multiversity in Poona as a spiritual therapist and later as director of the Osho School of Mysticism.

His training and work experience include a vast variety of therapeutic methods such as Counselling, Primal Therapy, Encounter, Breath, Ericsonian Hypnosis, Tantra, Aura-Soma, Esoteric Sciences, Readings and Energy Work.

In 1999 Rahasya had a profound awakening experience that changed his perception of reality and his approach to therapy. He began to hold satsang and retreats in addition to the trainings in "Counselling from the Heart-The Art of BEING with People", "The Seven Doors to Awakened Consciousness" and other courses that he holds worldwide.

His book "Avalanches and Awakening- Free you pain into Love" was published in 2003.

At present Rahasya lives in Australia. He shares his love, humour, light and insights in his courses, satsangs, workshops and retreats worldwide.

For more information about Rahasya and Living Unity please visit: www.livingunity.com



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Udaya I-Chen Sun

Rahasya's partner, is originally from Taiwan. She is an exceptional professional interpreter between Mandarin and English and has translated workshops for many high-profile teachers for the last 14 years. She is greatly supporting Rahasya in his life and work, bringing new impulses and creative ideas to expand the work, especially in connection to Chinese speaking participants. Rahasya and Udaya continue the work of LivingUnity and travel extensively worldwide to share their insights, presence and love to many people around the globe.

Location:

Ytterjärna Hotel, 40 min from Stockholm. An ecological hotel and centrum for culture and well-being. For more information please visit: www.ytterjarnahotell.se

Address to the hotel: Kulturhuset Ytterjärna, PL 1800, 153 91 Järna.

Directions:

<https://www.google.se/maps/place/Hotell+Kulturhuset/@59.0684182,17.580893,13z/data=!4m5!3m4!1s0x465f6b233cddc7e5:0x56ac5b4e7705b084!8m2!3d59.0677487!4d17.6153554>

Information:

We start at 10.00 am on Tuesday and then Rahasya will tell you more about the programme. Usually it is two hours break for lunch daytime. On Saturday, The Yellow Ray ends with dinner at about 16:00 pm. Those of you who want to come a day earlier (or stay a day extra) just tell me and I will make a reservation. More information about the five days:

- Marie Swartling Philip (www.in-balance.se) will lead Qi-gong and meditation before breakfast Wednesday to Saturday!
- An invitation from Rahasya is to bring a yellow shirt or something else in that colour.
- There is meditation cushion and yoga mat for you who come from abroad.
- For you who arrive Monday the 23rd and later than 18.00 pm, I Jessica will have your room key. Just call me when you arrive +46 733 118822. The restaurant closes at 16:00 pm on Monday so bring food or eat before if you come in the evening.



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Costs for the Yellow Ray 24-28 of July:

The Yellow Ray: 6700:- Swedish crowns

Part in a Double Room in Ytterjärna hotel and breakfast: 2520:- Swedish crowns /per person

Single Room in Ytterjärna hotel and breakfast: 4280:- Swedish crowns

Lunch and dinner: 1700:- Swedish crowns

Other accommodation: www.haknas.vandrarhem.dinstudio.se, www.airbnb.se, www.trivago.se

Last payment date for the course: 2018-06-25 to Nordea account nr: 3015 01 91456

ACCOUNT NR: 3015 01 91456

To: Jessica Hard

BANK: Nordea

IBAN: SE653000000030150191456

BIC: NDEASESS

Address: Smalandsgatan 17, 105 71 STOCKHOLM

You pay for the accommodation and food directly to the Hotel when you check-out



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