**INSPIRIT WAY**

**Groups and one to one sessions**

***Spiritual realisation is a journey of an unfolding fellowship with your spirit, your true self.***

**Inspirit Way** is a practical spiritual way of enabling you develop an intimate connection with your spirit. Your spirit can become the faithful companion, beloved mentor and wise master your soul has been longing for. Discover how ongoing access to your spiritual resources leads to greater wellbeing, inspiration, inner guidance, heart- centered love and a deep sense of oneness with all life.

The focus and vision of this way is to tune into, experience and embody the presence, consciousness and love of your spirit. You come to know who you are truly and realise the potential of what you can become.  There are three interrelated ways we will approach this:

**Vital Spirit Alchemy,** based on ancient Chinese ways to vitalise your body, improve your health, still your mind, and realise your spiritual nature. This is the Way***(Dao)***ofInternal Alchemy ***(Nei Dan)*** and Vitality Practice ***(Qi Gong)***which also helps you perceive the integral nature of existence.

**Spiritual Unity,** is a practice based on the teachings of ***Chan*** to develop an intimate fellowship with your spirit through communion, meditation and contemplation. Cultivating this spiritual partnership, you uncover the deep love *(agape)* between you and your spirit, The Beloved. Your inherent resources of stillness, insight, joy and empathy become more apparent; as does your numinous nature and your integral oneness with The One.

**Spiritual Therapeutics,** isbased on the Humanistic body-centered and heart-centered practices that facilitate the inner journey. These help address emerging personal issues in relation to your increasing spiritual sensitivity and growth. They also foster greater relaxation and openness with others and hence community.

Amadis has been running alchemical, psychological and spiritual groups and courses for 25 years.

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***Spirit itself is the Way***

