



The Next Practice Institute Invites you to

PRIVATE TEN DAY IMMERSIVE EXPERIENCE OF ENERGY MASTERY

With Lynda Caesara

Balance of the Masculine and Feminine Polarities **An Energetic/Electromagnetic Perspective | 10-Day Retreat**

This ten-day immersive program helps practitioners in many dimensions including personal healing and increasing self-awareness, the cultivation of intuition, learning embodiment and somatic grounding practices and balancing their inner worlds between the evolved feminine and evolved masculine facets.

The program is highly experiential group process work that introduces practitioners to daily practices and skills for managing your energy field, discharging any negative emotional or energetic absorption from others, gathering aspects of your own energy system that may have been drained and bringing your energy field into new levels of vibrancy, aliveness and energetic transmission.

This masterclass starts with the study of Lynda's unique method of "energetic basics:" skills that help you be present with yourself and others and "hold your own space." You will then be diving into the nuance of feminine and masculine energy, first for yourself internally, and then extending those skills to the world around you, enhancing your relationships and interactions with clients, organizations, fellow practitioners, and partners, friends and family.

In the session, practitioners are introduced to Reichian somatic defense patterns and how they will appear and disrupt group processes and workshops. This sensitizes facilitators and coaches to tracking somatic information on the stage of group development and levels of psychological safety while, at the

same time, helping ourselves to better track and intervene on our own triggers.

You will gain more of a strong sense of being at home within yourself and a greater access to tapping into the presence of and support of higher realms and ancestors as you facilitate coaching sessions or workshops.

Finally, you will have a chance to read the subtler dimensions of the group field and track more precisely individual inner work which, in turn, meaningfully amplifies your capacities as a transformational practitioner.

No matter how familiar you are with energy work, you will enlarge your skill set in this course.

Many people confuse masculine and feminine polarities with being male or female. People often lack an understanding of how to be with, and engage the energetics of these potent polarities, both within themselves and in relationships. In this deeply experiential retreat, we will be practicing and learning skills that you can immediately use in your daily lives and work.

This program is designed for those who have already done extensive psycho-spiritual work and are now prepared to enter a sincere and intent study of the Unmanifest and Invisible realms and subtle energetic principles of the Universe and to cultivate a mature holding of their own Divine Masculine and Feminine aspects.



For more information on upcoming offerings please contact npi@mobiustransformation.com



THE INSTRUCTOR | LYNDA CAESARA, Master Transformational Faculty

Lynda brings decades of experience teaching and guiding students in energy mastery in rituals, courses and workshops. She is passionate about energy work & electromagnetic principles, the dance of Masculine and Feminine, and energetic mastery. In the 1970s, she attended Berkeley Psychic Institute and attended and taught at Heartsong Psychic Institute. In addition to these programs, she has studied Christian Mysticism and Shamanic Healing. She has been doing bodywork since 1975, and views energy through that practical lens. Since 2001 she has been teaching her own unique perspective in the Energy Class format, founding and leading an energy path for hundreds of students.