



NINE HYPERGNOSTIC SYSTEMS TRAININGsm

The word Hypergnostic is derived from the Greek words Hyper (over or above) and Gnosis (knowledge). The Nine Hypergnostic Systems are one of the foundations of the Arica theory and practice for understanding and analyzing precisely the parameters of our psyche and developing the internal Witness. An important aspect of

this basic work is the awakening of our chi or Kath energy for increasing our vital energy and for developing the State of Awareness of the Witness.

These nine systems consist of three Instincts, four Functions and two Poles.

The Conservation Instinct is the instinct for self-preservation and corresponds to our relationship with our mother and our digestive system.

The Relation Instinct is the instinct for relating with others and is connected to our relationship with our father and our circulatory and respiratory systems.

The Adaptation Instinct is the instinct with which we adapt to our surroundings and environment and is associated with our relationships with our siblings and children and our central nervous system.

The four Functions—Space, Time, Expression and Coordination—are the ways in which our Instincts interact with society.

Our entire psyche is supported by the Sexual Pole—our vitality, and the Spiritual Pole—our sense of identity and unity.

The Nine Hypergnostic Systems training is a daily routine of exercise, clarification of past experiences (karma), meditation and ceremonies. Psychocalisthenics, Kath Generation and the Fire Exercise directly increase our vital energy, tone our bodies and give us a sense of physical stability. The pressure and emotional charge of karma is released through honest self-observation, using specific questions and concomitant associations for each of the nine systems. The meditations for improving awareness, contemplation and one-pointedness include Plantar Auditionsm, Psychic Space meditationsm, Hypergnostic Meditation and the “Desert”—a day and a half of solitude and self-observation. Through the “Eyes of Karma” ceremony we can obtain a deep sense of pacification with our parents, our children and our life experience.

**This 14-day group training will be organized by
Stichting The School of T'ai Chi Chuan Europe (STCC),
at Rolduc Conference Centre, Kerkrade, The Netherlands**

From July 25 until August 8, 2008

Training tuition (incl. materials, accommodation and meals): € 1750,-

Travel from abroad

The first 3 days of the training will be held in Amsterdam. From Schiphol Airport it takes about 15 minutes by train to get to Amsterdam. Transport from Amsterdam to Rolduc Conference Centre is included in the training fee and is organized by the teaching team.

Important:

This training needs a minimum number of participants (deposits paid) to take place, so please let us know as early as possible if you intend to take part. As soon as the required number is reached, or at the latest by April 15, we will confirm the training and inform you. If the training has to be cancelled by STCC you will get your deposits reimbursed fully.

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INFORMATION

Contact persons for this training are Lucy Brouwer (England)
E-mail: lucybrouwer@yahoo.co.uk
Phone: +44 1727 840949

and

Harm Leerling (Netherlands)
E-mail: harmleerling@hotmail.com
Phone +31 6 26 388 981

REGISTRATION

Please send your registration form to:

Stichting The School of T'ai Chi Chuan
c/o Harm Leerling
Rijnstraat 206 - IV
1079 HT Amsterdam
The Netherlands

DEPOSITS

Your place in the training is secured as soon as we have received your deposit. You can pay by either bank payment or credit card payment.

Bank Payment**The Netherlands**

Transfer € 200 to
Postbank 484972 t.n.v. Stichting The school of T'ai Chi Chuan
Kerkstraat 441, 1017 HZ Amsterdam
o.v.v. Hypergnostic Systems 2008

England

Send a cheque for £130 (made payable to LSTCC) to:
The London School of T'ai Chi Chuan ("LSTCC")
PO Box 9836
London SE3 OZG

International

International transfer (sharing costs with STCC): Postbank NV, foreign department, P.O. Box 1800, 1000 BV Amsterdam. SWIFT/BIC: PSTBNL21; Accountnr PSTB 0000 484972; Stichting The School of T'ai Chi Chuan; P.O. Box 10834, 1001 EV Amsterdam

Credit Card payment

Please give Stichting STCC permission to draw € 200 from your credit card account (see registration form below, please add 5% to your total).

Further details will be sent to your home or e-mail address as soon as your registration form and deposit have arrived.
Information also available at www.taichifoundation.org