

Summer Healing Retreat 2018 – Schedule & Content

We start at 2pm Sunday 15th, so please aim to arrive for registration between 1-1.45pm.

We suggest you arrange to eat some lunch before this, as our first meal together is Sunday dinner at 6.15pm. The course runs until 1.30pm on the Friday 20th and our last meal together is the Friday lunch.

Day 1 (Sunday 15th)

14.00: Welcome, Singing, Introduction and Ground rules

14.15: **Exploring the personal biography:** Trauma and unresolved conflicts - taking a deeper look how our lives and our personal history have shaped us and prepared the ground for chronic illness, accidents, successes and failure. The personal biography as roadmap to our current life, relationships, illness, wellness and healing. Overview of self-management techniques: meditation, meridian tapping, eye movements, working with spontaneous drawings, arm length and O-ring test. Using dowsing in reliable ways

15.30: *Afternoon break*

16.0: Small group work: life review – learning experiences, relationships, shaping influences, mentors and gurus, positive and damaging encounters. What has worked in life and what has not. How are the current life problems a reflection of everything that was - and how those that remained unhealed have created medical symptoms and psychological states

17.30: **Check-in to rooms**

18.15: *Dinner and homework*

20.00: Family constellation work. Optional: ART catch-up course for beginners

Days 2 – 5 (Mon 16th – Thurs 19th) schedule:

7am: Each day begins at with an optional meditation: Quantum Light Breath: breathing meditation to connect to the higher worlds, deeper levels of consciousness and/or feelings.

9am – 6.15pm: Teachings, demonstrations, instruction or practice sessions, (with breaks for mid morning/afternoon coffee and lunch).

8-10pm: After dinner Family constellation work. Optional in parallel: ART catch-up course for beginners

Content to be covered:

Professionals will be able to practice and integrate tools that address the influences of genetic and epigenetic expression on health and wellbeing, from a medical perspective. Dr. Klinghardt will explore the personal, family and spiritual biography as roadmaps: how our lives, personal and family history, and intergenerational events have shaped us and prepared the ground for chronic illness, accidents, successes and failure.

Dr Klinghardt may make adjustments to accommodate the needs and level of the group but content will include:

- Responsible use of ART as a tool to both access buried traumatic events and to guide the resolution process. Introduction and demonstration
- Learning and practicing the tools: Mental Field Therapy (MFT) to access and resolve trauma related health issues
- MFT practice
- The family biography as roadmap to illness or wellness. Understanding the forces set into motion from past events in the family history that are creating illness or wellness now - generations later. Developing a meaningful genogram and using MFT to bring healing into the family dynamics and to help create robust health.
- MFT-enhanced genogram work: practice in small groups.
- Using ART to deepen the genogram work: symptoms as metaphor for unresolved family issues. Demonstration. Practice in small groups
- Learning and practicing the tools: self-testing with the arm length test. Exploring the deeper levels of yourself by communicating with your own autonomic nervous system (in the absence of the guidance by a practitioner). A structured careful approach to self-investigation. Practice in small groups.

- Using ART in the context of deep psychological work: Psychokinesiology. Discovering the psycho-emotional issues behind each symptom. A roadmap to depth-psychology. Practice in small groups
- Using MFT and ART as a diagnostic and therapeutic tool to find the deeper psycho-emotional and spiritual keys to increase our tolerance towards the toxic influences we are exposed to 24/7: "allergy desensitization". It is urgent to enhance our immune tolerance, our ability to live in the world we find ourselves in. If we have chosen to live here now, why not make it comfortable? Demonstrations and instruction. Small group work
- Self-exploration and practice in small groups

- The environment and us: a state-of-the-union lecture on electromagnetic radiation, glyphosate, root canals and cavitations, allergies, parasites, Lyme. The activation of retroviruses as unifying cause of most chronic illnesses: cancer, fatigue, Alzheimer's, Parkinson's, Autism, ADHD, insomnia, Lymphoma, Lyme and more. ART guided discovery and exploration of healing tools. Science, discussion and demonstration. Solving most issues without medication
- Demonstration and work in small groups
- **The spiritual biography:** Are some illnesses or psychological states - and your destiny - a reflection of unresolved issues from another life or in-between life? Is there karma or is that a misguided idea? Are there curses, spirit possession, out of body experiences, spirit guides? Is it all superstition or wishful thinking? Or is it real and has influence on our wellbeing? Jesus thought so – he performed exorcisms regularly as a compassionate, magical and effective healing method. Lecture and exploration in small groups. A promise: we will be respectful to your religious upbringing and not offend your own insights.
- Self exploration and practice in small groups

Day 6 (Friday 20th)

7.00: Quantum Light Breath: breathing meditation to connect to the higher worlds

8.00: *Breakfast and Checkout of rooms*

9.00: Lecture: How the world and the environment is a reflection of the collective unresolved family drama of the human species. How each symptom we have is a metaphor for issues in the family history - and the greater world that created the issues - that need healing. ART demonstrations. And practice in small groups

10.30: *Break*

11.00: Spontaneous drawing as a direct window into the soul: Using a simple technique in combination with MFT and ART to retrieve hidden messages and insights. Work in small groups. Concluding remarks and music

13.30: *Lunch and Goodbyes*