



“KNOW THYSELF”

5-day course in Quality of life – happiness, health and the power of acting as your Self

Lecturers: Søren Ventegodt (DK) and Pavlina Kordova (Czech)



ABOUT THE COURSE:

Self-awareness, or more accurately self-insight, is the only thing that is necessary for happiness and health. When we know ourselves we can use our natural power and all our talents to create value in the world.

This is not new however. Over the door to the Oracle of Delphi in ancient Greece, one could read the text: “Know thyself”¹

Although self-insight has been the keyword for the European mystics such as William Blake and Master Eckhart, and in modern times for writers as Aldous Huxley (The eternal philosophy), Antoine de Saint-Exupéry (The Little Prince) and Kahlil Gibran (The Prophet).

If you go to the earlier sources such as the historical books about the Hippocratic medicine, one can see that the entire Greek medicine has this one theme: Help your patient to know and understand himself. Because that is what makes him or her get well and prosper.

Self-awareness has been in the center of many early cultures, not only the European. We thus find traditions and methods that focus on self-awareness in all the major American and Asian cultures.

But it happens in different ways. Hinduism and Buddhism approach self-exploration systematically in systems of meditation and spiritual practices while the Native American cultures seem to prefer to take learning from life's difficult situations.

So either you can practice seeking for Self-knowledge (we call it “discipline”), or you can let life be the great

teacher and do your best not to resist teachings when they come (we call it “devotion”).

In this course we let ourselves be inspired by all that is pointing towards the Self. We combine the great methods from Hippocrates ‘holistic medicine with the eastern methods of self-exploration and the native Americans simple and practical wisdom.

Individually we work with a simple method for self-exploration which is inspired by traditional Hindu and Buddhist methods (modern Buddhist–Hindu syncretism ad modum Ramana Maharshi). In all its simplicity, this method teaches you to observe your thoughts to examine them and find out whether they are true or not. And so often they are not!

Two by two we work to help each other out. We walk in the footsteps of Hippocrates who combined talk therapy with touch therapy. His idea was that the self-healing forces within us can only work when the difficult feelings from our personal history no longer is held by the body (as described in the famous book collection “Corpus Hippocraticum”).

In the group we use sharing (the “Talking Stick” ritual) and other rites of the Native Americans (the Yagui and Delicate Lodge traditions).

1. **Wikipedia:** The Ancient Greek aphorism “**know thyself**” (Greek: γνῶθι σεαυτόν, transliterated: **gnōthi seauton**; also ... σαυτόν... sauton with the ε contracted), is one of the Delphic maxims and was inscribed in the pronaos (forecourt) of the Temple of Apollo at Delphi according to the Greek periegetic (travelogue) writer Pausanias (10.24.1). [1]

Practical information: The course is conducted in English. It costs 45 00 DKK including vegetarian food and simple accommodation. It takes place on Elsebråne Training Center, Elsebrånevägen 588 - 8, Asarum, in Karlshamn, Blekinge, Sweden .



ABOUT US:

Soren Ventegodt holds a master's degree in medicine (MD) and a European master's degree in alternative medicine (EU - MSc - CAM from Interuniversity College, Graz). He has worked as a holistic therapist since 1983 and has conducted research in quality of life and holistic medicine since 1990. He has written 150 scientific articles and more than twenty books, including eight American textbooks on Hippocratic medicine. He is a student of Sai Baba, Osho and Mooji. Since his youth he has sought spiritual guidance from sages and monks including HH Dalai Lama. He has been trained in Native American shamanism and the Medicine Wheel in Denmark by Strong Eagle (Lance Crawford) and in USA by White Eagle from Delicate Lodge.

Pavčina Kordová is Reiki master, psychotherapist and body therapist. Since 2004 she has regularly attended courses on healing, quality of life, and personal development in the Czech Republic, England and Sweden. She has been a regular visitor in the Osho center in Prague. She has since 2012 been teaching subjects like holistic healing, sexual health and personal growth in Czech Republic and Sweden. In 2014 she participated on sacred ritual in Amazonian Jungle in Perú. In 2015 she met over 200 female healers in Africa.

CONTACT & BOOKING

If you are interested in our services send us email on ventegodt@livskvalitet.org or call/text us on phone +45 20 66 67 66

