



## Transform Yourself Through Love

- Direct and practical experience (not theoretical accumulation)
- Clear inner progression
- Immediate integration into daily life

### **Workshop: Transform Yourself Through Love**

#### **The only constant is change.**

We are constantly changing without realizing it and without being aware of the source that moves us; we live on autopilot. Each of us can choose to step off autopilot, slow down, and turn our gaze inward. We awaken and recognize unconditional love, our essence, our natural state.

The results and benefits surprise us: better relationships with ourselves, with our family, with friends, and in our work relationships.

This inner change is reflected in considerable improvements in health, energy, joy, and a profound sense of peace.

Join this workshop and discover the loving path to a healthy life, both emotionally and physically.

## 1. CONTENT

### **The Beginning of Transformation - Transformation · Consciousness**

- Transforming from Love: The Purpose of the Path
- Introduction to Pure Consciousness and the State That Surrounds Us
- Suffering and Crisis as Opportunities for Transformation
- Field of Consciousness

### **Pure Consciousness: Consciousness That Knows Itself - Consciousness · Self-Knowledge**

- The Observer and Pure Consciousness
- Pure and Stable Consciousness
- Returning to Oneself When Consciousness Is Lost

### **Conscious Love and Healing - Love · Conscious Love · Healing**

- Love as a State of Consciousness
- Difference Between Emotion, Attachment, and Conscious Love
- Healing Occurs When Conscious Love Remains Stable

### **The Baby's Heart - Baby's Heart · Love · Healing**

- The Pure Heart as the Origin of Our True Being
- Reclaim purity, simplicity, and trust
- The baby's heart as the foundation of deep healing

**Body, Qi, and consciousness - Healing · Body transformation**

**Transform yourself through love.**

- The body as a field of consciousness
- The four Qi centers
- Opening and closing guided by pure consciousness - conscious love

**Breathing in a state of conscious love and transformation of habits - Transformation · Applied consciousness**

- Breath as a direct gateway to consciousness
- Old programs: fear, judgment, and attachment
- Updating life through conscious love

**Wisdom and awakening - Consciousness · Profound transformation**

- The practice of the wise in daily life
- Non-fixation and full awareness
- Gradual and sudden enlightenment

**Integration and life from love - Conscious love · Integration · Healing**

- Life as a high-level practice
- Relationships, work, and challenges as a field of consciousness
- Collective consciousness and healing the world

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**Integration and life from love - Conscious love · Integration · Healing**

- Life as a high-level practice
- Relationships, work, and challenges as a field of consciousness
- Collective consciousness and healing the world

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## 2. DATE

Weekend of Friday, April 24th to Sunday, April 26th

Hours:

- Friday 8:30 am - 6:30 pm
- Saturday 9:00 am - 6:00 pm
- Sunday 9:00 am - 2:00 pm

## 3. LOCATION

Akadem – Experience Room.

Río Suchiate 722 – Tampiquito.

Col. Lomas del Valle

San Pedro Garza García, NL

#### 4. RESERVE YOUR SPOT

Donation \$472 usd

- 3 monthly payments \$167usd (20 February, 20 March, 20 April)
- Limited space available.

#### 5. INFORMATION AND REGISTRATION

Blanca Beristain +52 55 9185-0265

Ariadna Alvarez +52 81 1385-8980

<https://forms.gle/KCN3ve12115qBxnh6>

All welcome!