

TRANSFORMATIONS

Returning to Source: A Journey of Breath and Intention

-A nine month journey Home. Online with Jim Morningstar



How to incisively address our most primal human challenges with loving intention and conscious breathing is the goal of this nine month journey Home. As the circle of our consciousness expands toward the infinite, it aspires to the heights of Ascension. And it also takes us to the depths of Beingness and all it entails to be divine in human form. This is the stumbling block for most *en route* to enlightenment. We shall with courage and shared intention experience and integrate both the heights and depths of our existence in coming Home to our ownership of our Source.

In this course you will receive:

- ~ nine videos (65-80 minutes) with inspiring content on the core topics including taped interviews with acknowledged leaders in each field.
- ~ guided visualizations and participatory breathwork exercises to reinforce cellular transformation and experiential learning
- ~ instructions on specific practices in which to engage to deepen your individual and our collective journey.
- ~ emotional, mental and spiritual support for your personal return Home enabling you to:
 - [feel safety in your body and on our planet,](#)
 - [experience heartfelt camaraderie on the road to Self Realization,](#)
 - [practice and incorporate specific tools to keep you centered and on course daily](#)
 - [have your journey Home filled with humor and authentic joy.](#)

Each class will include videotaped presentations, handouts on which to complete courses exercises and add to the video presentation as well as a resource list for supplementary class study. Watch the videos at any time that fits your schedule.

Tuition for online video class: \$170. Reduction for some countries outside the US (contact instructor).

Payment: check or money order in USD to: Transformations
4200 W Good Hope Rd. Milwaukee, WI 53209 USA.

Pay online at: <http://www.transformationsusa.com/products.php>

enter tuition amount under: *Consultation Services Jim Morningstar, Ph.D.*

Class Themes and Guest Presenters

Introduction: What is Source and Why Return? Binnie Dansby, Originator of SOURCE Process and Breathwork and Source Ecstatic Empowering Birth.

1. Birth Trauma and Separation from Source - Carol A. Lampman, Director Integration Concepts, Certified Breathwork Trainer; one of the foremost experts on healing infants from birth trauma

2. Mother Wounding and Unconditional Love -Tilke Platteel-Deur, psychotherapist, breathwork trainer and author of *The Art of Integrative Therapy*"

3. Father Wounding: Recovering Confidence and Competence - Dr Wilfried Ehrmann, licensed psychotherapist, integrative breathwork trainer and author of a *Manual of Breath Therapy* and *On The Courage to Grow*

4. Sibling Relationships and Relationality -Jeremy Youst, Director of the Power of Breath institute, innovator in field of Somatic Breath Therapy.

5. Educational Wounding and Innate Intelligence - Ann Harrison, Director of Breathwork Trainings International, a leader in obtaining government accreditation for Breathwork trainings in Australia

6. Ancestral Wounding: recovering personal and planetary wholeness - Omar Chtioui, professional breathworker and International Breathwork Foundation representative for the Middle East and North Africa.

7. Partner rejection and Divine Lover/Inner Child - Judee Gee, teacher of Tantra and Breathwork, author of *Intuition: Awakening Your Inner Guide*

8. Crisis of Leisure and Savoring Life - Dan Brulé, international breathwork trainer, author of *Just Breathe: Master Breathwork for Success in Life, Love, Business and Beyond*

9. Spiritual Awakening and the Journey Home - Sondra and Markus Ray. Sondra is Founder of the Loving Relationships Training, Liberation Breathing and author of over 20 books. Markus is a writer, poet and painter of sacred art.



Jim Morningstar, PhD, is a teacher of Spiritual Psychology and originator of Therapeutic Breathwork. He has brought light and love into his life work which includes a practice as a teacher and psychotherapist since 1970, 34 years as Director of the School of Integrative Psychology now online, directing an ongoing breathworker training center since 1990, owning a wellness business and being devoted to a loving family. His dream is to strengthen the community of like-spirited emissaries of Love and Breath which has come together for this work.