

# Conscious Living Workshops



EarthRise Retreat Center at IONS

## Integrating with Your Shadow: Connecting with your Guide

Ralph Metzner, PhD

April 13–15, 2012



The *shadow* is the name given in Jungian psychology to a kind of psychic complex of unacceptable feelings and impulses that functions as an inner opponent, blocking growth and full expression of our true self. In this workshop we learn to use the alchemical divination methods—processes of structured intuitive inquiry—to recognize and integrate this elusive inner adversary. In doing so, we tap into unexpected reservoirs of self-knowledge and creativity, clearing space to connect with a true spirit guide (in human, animal or hybrid form), who can aid us on the pathways to liberation and become an ongoing ally.

We will work with guided alchemical divinations, in which rhythmic rattling and drumming supports the process of concentration and tracking. Practices of light-fire yoga help to purify and clarify perceptions and dissolve energy-blockages. Chanting and drawing will be used for aural-vocal and visual-spatial integration and application. Practice in guiding others in dyads and triads give these methods immediate applicability in psychotherapy, relationships, creativity and spiritual growth.

Ralph Metzner, PhD is a psychotherapist and professor emeritus at the California Institute of Integral Studies (CIIS), where he taught for 30 years. Ralph teaches workshops in Alchemical Divination practices in the US and Europe.

He is founder-president of the Green Earth Foundation, and his most recent books include *Birth of a Psychedelic Culture* (with Ram Dass & Gary Bravo), *Alchemical Divination*, *MindSpace* and *TimeStream*, and *The Life Cycle of the Human Soul*.

### EarthRise at IONS

EarthRise is located on 194 acres of scenic rolling hills 26 miles north of San Francisco and easily reached from both the Oakland and San Francisco International Airports.

### Workshop Fees

\$295 Earlybird (thru March 19, 2011)

\$325 Regular (after March 19, 2011)

Fee includes freshly prepared meals Friday evening thru Sunday lunch. Lodging is extra. 13 Continuing Education Credits available.

Registration within 72 hours of event incurs a \$50 admin fee.

*Come with an Open Mind. Leave with an Open Heart.*

For more information and to register:

[www.EarthRiseIONS.org/events](http://www.EarthRiseIONS.org/events) • Email: [workshops@noetic.org](mailto:workshops@noetic.org) • Phone: 707-779-8202

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