

# Manual for the Now - Introduction Energieregie 30/1

Bijgedragen door Alec Boswijk  
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Alchemist Garden and Energieregie present a clear holistic vision on energy, health and sustainability. Three essential related issues forming our future, but more important our 'now'. Practical knowledge, logically fit into one simple model, easily recognized and lively explained.

Entangled as we are in our surviving mode, it's a challenge to integrate our skills and wisdom in our daily lives. Some pieces of the puzzle might have been found, but how are they put together? Grasping the matrix and the essence of a handful of unique, simple dimensions will help you understand: - 5 forms of energy, related to the elements: earth, water, fire, air & ether; - the principles behind these sub-energies, their dimension and qualities; - how they work both separately and connected to each other; - 3 levels of organisation: resources, human body and community; - how to obtain healthy resources, health people and healthy communities; - when and how to be, feel, act and speak, by become aware of what energy is due on a particular moment; - how to improve your flow of energy (connection) and its power. The Introduction is given in English by Alec Boswijk, beginning master in Raja Yoga & Occult Science, owner of Centrum voor Energieregie. Monday 30th of January @ 20:00 - 20:00 (Please come 15 minutes before the start) Workshop €20, €15 in combination with a raw food meal, reserved and taken prior to the lecture.

Availability is limited so registry recommended Registration on Facebook.

## @ Location

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