

# Sufi Heart Dance Workshop by Ben Stewart

Bijgedragen door Alec Boswijk  
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Prepare for an eye-opening event with the Sufi heart dance. This event will be more interactive than other events on this tour so bring an open mind and a friend / lover that you would like to do this elder generation's method of connection with.

## OVERVIEW:

We will be speaking about how art evolves within us through our crafts and hobbies. I will offer a few deep psychological methods to approach food, water, and eye contact. Please spread the word. Here are three practices we will explore in this workshop.

- SUFU heart dance with a partner
- A NEW way to approach WATER
- Let FOOD teach nourishment rather than give it

DONATION: 20 euros (this is a suggestion from the heart... if you do not have 20 euros, please still come out and share in this event. YOUR PRESENCE IS FAR MORE VALUABLE THAN THE PAPER IN YOUR POCKET)

Raw food (dinner) served ONLY until 19:00 and by reservation by mail (info@energieregje.nl) or through the reservation module on our website (energieregje.nl).

OLD OVERVIEW: (If given time, we will explore Sex, Prisms, and Magic through Art and Language as taught by the moment)

Let's not think, for a moment just experience this amazing adventure we call human, without the fear for the uncertain future, judgement in the present or regretful memories from the past. Listen the answer to the call within you, creative compendium of man and god, integrating opposing forces in which balance we will be reborn...

Now allow yourself to be guided in this journey by the inspiring words of Ben Stewart.

The age old mystery of practical magic in everyday life has been diluted and hidden. Ben Stewart gives insight into the tendency of our mind to focus only on desire rather than reality. With an in-depth look at the relationship between our physical form and the light of creation, Ben guides the audience through activities which identify our desire and illuminate the magic of the Moment.

Ben Stewart is an international Filmmaker, musician and public speaker. Creator of Esoteric Agenda, Kymatica and Ungrip.

The full scope of Ben's work from his films through to his music has been called the 'Mecca for all artists and revolutionaries', regarding how his artwork ranges from revealing global conspiracy to examining the depths of consciousness.

"Art, Sex, and Death all share a source, The impulse of our inspiration is the fire that fuels the orgasm and the same lightning bolt that strikes at the moment our soul exits the body. This infinite taproot is the only source of change we are begging for as a species"

Having shared these workshops with great success in his artistic events Worldwide this will be the first time these methods will be presented in Holland as part of his European tour.