



Near your breastbone there is an  
Open flower.

Drink the honey that is all around  
that flower.

Waves are coming in:

There is so much magnificence near the ocean!

Listen: Sound of big seashells! Sound of bells!

Kabir says: Friend, listen this is what I have to say:

The guest I love is inside me!

~Kabir

## Samyama: Alchemy of the Heart

**An Introduction to Samyama Meditation & Healing  
For Professional Healing Practitioners and Anyone Called to Their Own Heart  
with Sheila Foster**

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**Friday, March 12 ~ 10 am – 2 pm ~  
\$125 if paid by March 1 - \$145 after that**

*Samyama is a practice and a path of direct experience through the Heart.*

Samyama an ancient meditation practice from Raja Yoga that unexpectedly appeared in my meditation one day about 17 years ago. It was several months before I came upon the Patanjali Sutras, and there, to my surprise, I discovered a description of the practice I had been given in my meditation, and it was called ‘samyama.’ I have been using the practice daily for myself, my clients, and teaching it to other healing practitioners and those called to deepen into Heart work ever since. It has made it possible for me and many others to be able to open our hearts in hell, as well as experience the most sublime ecstasy and the joys of embodiment. Healing practitioners can incorporate Samyama into the work you already do with individuals, couples, and groups.

**Samyama makes it possible to directly experience life as it is, whatever it is, the holy and the horrible, the sublime and the mundane.** Through Samyama, we directly experience our own Heart open to the Great Heart and discover that it can hold *everything*, transmute the darkest, most painful emotions, and is a portal into silence, nondual awareness, and peace. Samyama offers a simple way to come into, and stay in the present, moment, be intimate with ourselves, as well as others and the world. Our sense of separation dissolves when we have deepened into the Great Heart. Samyama is also a vehicle for embodiment, the resolution of polarities, and the key to accessing the transcendent function that Carl Jung speaks of when he writes of the crucifixion of the ego. Samyama gives us a way to surrender that cross, or hanging on Inanna’s wooden peg, as well as release from it. Samyama holds one of the keys to living with paradox.

From my own experiences, as well as teaching and witnessing so many others work with Samyama, I see that it is an amazing gift of Grace that keeps on giving, endlessly, creatively, as well as an exquisite vessel of receptive devotion and gratitude. Samyama is truly Alchemy of the Heart. These extraordinary times are calling us to develop an extraordinary capacity to return to the Heart, to spaciousness, our Ground of Being. This is where we can find rest and nourishment, feel complete, quiet, and utterly fulfilled, no matter what is

happening. It allows us to experience fully what is, even if we don't like it and feel great resistance. Resistance is welcomed by the Heart, too.

Everything is welcomed into the Heart, nothing is excluded. Samyama helps us become clear when to take action, when to do nothing, and decisions become obvious and organic. This is the end of struggling with decisions, figuring things out, agonizing, and suffering. Samyama gives us a way to feel the deepest grief, sorrow, pain, joy, ecstasy, and pleasure fully and completely. Samyama brings great clarity and peace in any moment, empowering us to be present with our whole body-heart-mind. Our center of attention becomes focused and engaged with the Heart instead of the mind.

This is a practice you can use anywhere, any time, to feel and be with what is, as it is. Once adept at it, you do not have to sit in meditation to use it--it becomes a way of being in life, offers a paradigm shift from head as the center of consciousness to Heart. We become more compassionate, loving, and present.

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### **Training for Professional Healers and Helpers**

I developed a two-year training program in Samyama Healing in Maryland and graduated a number of practitioners who were already trained in various healing modalities, as well as other occupations, such as various kinds of psychotherapy, medicine, bodywork, energetic healing, shamanic work, art making, writing, teaching, expressive arts therapies, business management, early childhood education. Couples use it to deepen intimacy and enhance their sexual bond, parents use it with their children, and even animals can benefit from Samyama.

I plan to offer professional trainings in Samyama here in Boulder. This workshop is the basic pre-requisite for that training. It would be an honor and a delight to share this amazing work here.

#### **For more information on Samyama, please go to:**

<http://www.templeofthesacredfeminine.com/Temple/PriestessPortal/Samyama/index.html>

#### **To read what others say about their experiences with Samyama:**

[http://www.templeofthesacredfeminine.com/articles/article\\_whatpeoplesay.html](http://www.templeofthesacredfeminine.com/articles/article_whatpeoplesay.html)

**For information or to register:** please email Sheila at [temenosctr@aol.com](mailto:temenosctr@aol.com) . I would like to have a phone meeting with each person who wants to attend so we can get to know each other a bit and answer any questions you may have. It helps co-create the group field when we know something of each other beforehand. Feel free to email me if you have questions and would like to make time to talk.

**Registration:** Email me at [temenosctr@aol.com](mailto:temenosctr@aol.com)

**Tuition:** due by March 1 -see above

**Credit Cards** accepted.

**Refunds** minus \$50 processing fee available until seven days before the event; no refunds after that.

**Please bring a snack** for a half hour break mid-way in our day together. We can discuss other needs you may have when we speak.



**Sheila Foster, M.A.**

**Samyama literally dropped into my meditation about 17 years ago and I don't know what life would be without it. It transformed from a 'practice' to a way of living and seeing from my heart rather than my head. I have taught the mediation practice to many people and have trained many healers in the Samyama Healing approach over the years, and have witnessed many miracles and always the Mystery at work with us.**

**I have been teaching Jungian Psychology with particular emphasis on the Feminine and working with Sacred Feminine initiation since the early 80's. I have a deep interest in masculine spirituality and working with men and couples, as well. The archetype of the Sacred Marriage and the alchemy of relationship, are important aspects of my work.**

**For more information about me and about the School, please go to:**

**<http://www.templeofthesacredfeminine.com/Temple/AboutUs/index.html>**

***Kabir says this:***

**When the Guest is being searched for,  
it is the intensity of the longing for the Guest  
that does all the work.  
Look at me, and you will see a slave of that intensity.  
-Kabir**