



The Inner Journey

We will learn and engage in practices that touch all aspects of our being, and that we can take with us into our daily lives. Instructions will be given each evening to prepare for the next day's outing, and for the guided practice that will take place during our travels and at sacred sites. This suite of practices is a direct, accurate and rapid path to clearing the obstacles to a fully awakened life.



BODY

We will learn 5 Element practices and breathwork from both the Tibetan Yoga and Qi Gong traditions, that we will perform each morning. These sacred movements are designed to cleanse and balance the energy centers and channels. And through purifying the indwelling Elements, we achieve both health and mindbody transformation.



MIND

Working with the Pentad mind, the structures of inner Warrior, Ruler, Creator, Lover and Guru, is a way to directly and immediately change our state, and put us into contact with our Authentic Self. The possibilities are unlimited as precisely target and work to balance our inner conflicts, distortions, overloads and shortcomings.



SPIRIT

At the heart of spiritual practice is karmic purification, and there is no more expedient way than the Vajrasattva of the Five Elements. This little known method relies on the 5 Buddha Families to clear negative imprints that we have carried forward for numerous lives, and which create obstacles and disruptions on every level.



EARTH

While our outer experience of life is intertwined with all kinds of external circumstances, patterns, causes and conditions, we have the untapped ability to make positive shifts in what seem like "fixed" situations. Working with the fundamental forces of life, the 5 Elements, we can impact career, relationships, finances and much more.

Integrating the Outer Journey

The transformative power of these practices are tremendously magnified when practicing them in the power places and spiritualized landscapes. Power spots occur naturally, but are also formed by the activity of enlightened sages, as well the presence of sacred temples and stupas and the mantras and meditations of monks, nuns and lay devotees. These will be our backdrop as we use all the above methods integrated with the nature and qualities of each place we visit, taking time for the process to touch our deepest core.



Inner Journeys *of* **BHUTAN**
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