

School of Embodied Enlightenment



“The body is the chrysalis of a Soul”. – Sri Aurobindo

2019 Equinox/Solstice Ceremonies (Co-Ed)

Time: 7:30 – 9:00pm (Arrive in Silence by 7:10pm)

Cost: \$40/per person

The Mystical Path encompasses Ecstatic Union and Eroticism (power, love, & creativity) which I define as Embodied Enlightenment™. These ceremonies will include teaching and embodied experience from the concepts in my book, “Body As Sanctuary For Soul” along with Gestalt Theory/Therapy body awareness principles, Shamanism and Kundalini Yoga/Meditation methodologies. We will gather with the powerful energies of The Natural World seasonally, as community, to deepen in decoding our soul’s information, experimenting with Expanded States of Consciousness as applicable to our daily lives. Come join us! Newcomers always welcome.

Roberta Pughe: Facilitator, Teacher & Guide

Roberta Pughe is a Gestalt Psychotherapist (Licensed Marriage & Family Therapist), Contemporary Shaman and KRI Certified Kundalini Yoga Teacher who has been in private practice for over 30 years. As an educator, conference leader and published author, Roberta’s current passion is to foster embodied, soulful communities as “Domination Free Orders” rooted in inclusivity, social transformation and the soul’s intelligence.

Roberta teaches a psychological/spiritual methodology, inviting the soul home to live in the container of the body. This provides opportunities for the soul’s intelligence to communicate in practical ways, applicable for daily living because it is experienced in the body as “gnosis”.

Roberta is the Founder of “The School of Embodied Enlightenment™” which is an awareness educational organization that offers an experiential program (in Princeton, NJ) designed for people who want to facilitate the conversation in college/university settings, schools, communities and families.

PROTOCOL

All ceremonies will be held at SEE location:
40 Deer Path, Princeton, NJ 08540

In warmer weather, please enter and leave through Garden Sanctuary (near Clover Lane). Enter through purple gate to left of house. Park on Clover Lane or Deer Path and enter Garden Sanctuary via Red Pebble Path. Enter Meditation Room via sliding glass doors. Leave shoes on steps inside sliding glass doors. Or, if you prefer, in colder weather, you can enter through front door and leave coats in foyer closet and shoes on floor near closet in foyer.

Bring:

- Water
- Yoga mat and/or meditation cushion