

Earth Connection

2.5 Days exploring The Spirit of Place



2.5 Day Workshop

During this workshop you will be introduced to the subtle energies of place in such a way that you will be able to return to your home and explore the surrounding landscape.

Practical | Experiential | Theoretical

While meditating overseas, Helen Russ Ph.D began having experiences of a group of energetic Aboriginal women who were at a particular location at her home property between the Macquarie and Castlereagh Rivers in Central Western NSW. Over time these Women began to guide Helen on a journey exploring the subtle energies of Place. There were all kinds of things to discover.

Earth meridians | Energy wells | The spirit of Trees | Energy Networks

Sacred weaves | Historic trauma | Thresholds | Land Beings

This workshop will combine, practical techniques in the field, with a theoretical framework to help us understand how to hold our energy and what we are experiencing. Helen has studied consciousness for more than 20 years in Australia, the United States and Europe. She will draw on her training and her personal experiences with land to reveal the divinity and subtle life that is all around us. Helen has a plethora of techniques to fill up your tool kit.

Recognising presence | Dowsing | Internalising Consciousness

Breathing with the Earth | Space Scanning | Earth listening | Sense with your body

The workshop will give us experiential references that confirm that we are part of the earth, that we share this beautiful place with a myriad of other life Forms. It will also give us tools for unlocking traumas in the land and helping to bring balance and harmony to our relationships with other life.

Book a Workshop at your Place	Book in an existing workshop
Invite Helen to conduct a workshop with your community (Min 10 cost may vary)	<ul style="list-style-type: none">• 3rd – 5th April 2020 Warren NSW• 5th – 7th June 2020 Shalom Carcoar NSW• 9th -11th October 2020 Shalom Carcoar NSW

To book call or email Helen

Cost \$ 750 includes materials, tuition, food, and accommodation. **A copy of 'Across the Creek;** Land energy experiences in the home paddock'; Helen Russ, Ph.D, will be included in the workshop.

Introductory talks

+61 (0)4477 12310

Individuals,

Workshops

www.helenruss.com

organisations or

Farm walks

email: connect@helenruss.com

community groups

About Helen:



Helen's work has two inter-connected streams. How do organisations remain aligned with their essential goodness or archetype and how do we interact with land in a way that brings life?

Each community group, business or organisation is located within and affected by the spirit of the place in which it is located. Helen aims to bring an uplifted harmony to both.

Helen's connection to land came from her childhood on a farm in Central Western NSW. She has an undergraduate degree in Systems Agriculture, majoring in environmental community development and experience working with Landcare, Greening Australia and management consulting.

More recently Helen has practiced, studied and taught consciousness with individuals and groups in Australia, the United States and Europe. Helen has extensive experience including a Doctorate exploring the spirit of material phenomenon. She has written on the spirit of organisations, the spirit of place and organisational integrity.