



Bardo Todrol Meditation Workshop

What happens when our physical and mental form dissolves? Does our identity survive and how? How to prepare with confidence and serenity for the Great Journey? In the Tibetan Buddhist tradition, the moment of transition from one life to another is considered a very favorable moment for enlightenment. It is the moment in which Awareness frees itself from identification with the body and thoughts and can look into itself and recognize that it is Immortal. This group was born from the experience of Jyoti and Chidvilas in meditation, in contact with the Guides through Channeling and in the teachings of enlightened Masters, it is a journey inspired by profound visions and understandings, confirmed by the ancient text of the Bardo Todrol.

How does the workshop with Chid & Jyoti work?

It is a group process (14 people max) during a 2Days non-residential workshop in which we will go through the different stages of the death process using meditation techniques. **Price** 300 euro. To subscribe write to Somesh: valcur80@yahoo.it. We are trying to confirm the workshop before the summer and at the latest at the beginning of September. **Dates:** 25 and 26 November 2023 from 10.00 to 13.00 and from 15.00 to 18.00. **Location:** Frans Halsstraat 7, 1072 BJ Amsterdam, Nederland.

About Chivilas and Jyoti:

Jyoti and Chidvilas lived for many years in India in the Ashram of Osho Rajneesh. After that the Master left the body, they met many other enlightened Masters in the constant search for Inner Awakening. From their experience of spiritual liberation they developed a process that points directly to the essence of the realization of the Self. This great realization lead to the creation of different workshops like the Bardo, Dharma Doorms and Channeling.

If you check the FB event there are also **two video interviews** of the teachers about their spiritual journey and one specifically about the Bardo: <https://www.facebook.com/events/6819686691398897/>

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