

URISHING  
ESTINY  
THE  
INNER  
TRADITION  
HINESE MEDICINE

Online Live with

# LONNY JARRETT

*Integral Chinese Medicine and  
dimensions of the Self*



## WHAT WILL BE EXPLORED

In my experience, most people have a very superficial relationship to themselves. Most or all of their awareness is entrained to the biographical and very personal sphere of the **self**. This self was born in time, will die in time, and has as many years of experience as they have been alive in this incarnation. One of our most powerful tools as healers is to **help a patient** reframe their experience, providing increased objectivity and a more nuanced embrace of complexity in relationship to it. Significantly this involves helping *introduce, cultivate relationship, and shift identification* to those personal and transpersonal dimensions of the self beyond ego. It means giving people signifiers for the experience they are already having, so they can identify the different sources of motivations that arise from within. In this class we will consider the absolute and relative dimensions of the self as well as the forces that work upon us. I will discuss *emptiness, luminosity, authentic self, the ego, superego, conscience, consciousness and the unconscious*. I'll differentiate these so that participants can find these dimensions in their own experience within as a basis for seeing them in patients.

Thursday 24 October • 9am - 12pm (Melb/Syd AEST)

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