

„THE FIVE WISDOM-DAKINIS – Introduction and practice” with Jetthe Fabioola in Graz

It is a pleasure for me to announce a weekend seminar of Jetthe Fabioola, one of my precious teachers. She is a psychotherapist, meditation teacher and MA in anthropology. She brings personal work together with spirituality and connects Jungian psychology with Buddhist philosophy. Jetthe Fabioola is authorized to teach by Lama Tsültrim Allione, one of the best known Tibetan Buddhist teachers in the west. She lives in Denmark and will teach in English. Translation into German will be provided if necessary.

Dakinis are enlightened female wisdoms beings. The fierce and powerful feminine is part of the psyche in both men and women. When we cultivate the awareness of her energy, our destructive tendencies are transformed into wisdom. This is expressed as a creative life-force. We have the opportunity to turn difficult emotions into wise and powerful forms and bring them into our everyday life.

Quite often we find ourselves caught in confusion, anger, pride or low self-esteem, craving and envy. The Five Dakinis represent the transformed wisdom aspects of these five obstructed energies: Confusion becomes spaciousness, anger becomes clarity, pride or low self esteem becomes equanimity, craving becomes knowing what we really need and envy is transformed into free-flowing activity.

During the weekend the process of personal work, brought into the spiritual container, is stimulated by alternating between lecture, meditation, mindful movement, creative expression and exchange in the group. With the help of connecting with the Dakini energy we will find and use our inner resources for our own growth and for the benefit of our outer relationships.

The seminar will take place at “atempo”, Heinrichstraße 145, Graz. There will be tea, coffee and snacks in the breaks. We can use the big garden to relax. Either you bring something for lunch for yourself or you find a restaurant nearby.

Date: May 31 – June 2, 2019

Price: 200,- EU

Time: Friday 18:00 – 21:00, Saturday 10:00 – 17:00, Sunday: 10:00 – 13:00

Venue: “atempo”, Heinrichstraße 145, Graz

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