

Online course; -Introductory workshop by Ingelise Lund/InFreeLand

Theme: Boundaries - self-protection - openness - vulnerability.

This is a big theme so this day will only give a small taste of how important this theme is, important for the ability to be more present and in flow with ourselves, each other and life.

This one day course is for those who are interested and curious about “coming home”, that is coming home to a more true yourself, feeling more of being your own best friend than your own enemy.

Perhaps you go with an inner wonder or irritation observing that in some contexts you play roles instead of daring to be honest and true, and you are curious about how this came about, where these patterns came from?

This course is an opportunity to gain a deeper insight into how these patterns/roles occurred and how it is also possible to change them, because the patterns and strategies are something you *have* and not something you *are*.

The tools I use in my work are;

- ♥ Understanding our deep human nature through education
- ♥ Meditation
- ♥ Physical exercises
- ♥ Energetic exercises
- ♥ Inquiry
- ♥ And to be met with the emotions that are present in you, without being judged.

A very important basic element in this process is your emotions, because it is precisely when the emotions in us arise that we often feel uncomfortable and therefore with all our pre-learned and self-protective strategies tighten up or collapse to avoid these feelings. We repress or flee from our inner truth and reality using these self-protecting strategies. Instead of being/living with what is true, we often replace it with an idea, thought or a norm of how we think we should be.

Do you recognize this as a theme for you, and you have the courage and desire to take a closer look at yourself, then you are warmly welcome to this workshop.

For those of you who have knowledge into these concepts, I can state that my self-development and spiritual work do not use techniques that accende, but exercises that will promote decending and embodiment.

You are welcome to join this day if you have a desire to expand and develop your ability to *be you with what is true*.

You can read more about who I am on my website www.infreeland.com

DATE: SATURDAY 13th of MARCH AT 9.15 TO 18.15

The course will take place in English to the best of our abilities.

Program:

1. Good morning and guided meditation.
2. An introduction to the theme by Ingelise Lund
- 3.a Introduction to "inquiry" (small group work, two or three people)
- 3.b. If we can make it before the break, gathering in plenum with questions.
4. Break between approx. 13.00 and 15.00
5. Gathering in plenum with questions from the morning session, and a little more about the theme.
7. A short inquiry (small groups work, two or three people)
8. Gathering in plenum with questions.
9. Sum up and information about future ideas, if you experienced this day as inspiring and wish to continue working in this way.

- If it turns out that there is a desire to continue, in the near future there will be offered more courses that you can choose to participate in, which will touch on this theme and various other themes. I also have a desire to do physical courses at some point both in Denmark and in Norway, when this becomes possible.

The price for this introduction day is 350 DKK (Danish bank) or 490 NOK (Norwegian bank).

You can sign up by sending an email to me, Ingelise Lund:

ingeliseinfreeland@gmail.com

Many thanks to Kari Vig Petersen for really inspiring me to offer this online course. I look forward to it.

