

Body of Light - Body of Diamond - Body of Prayer

An exploration of the Deep and Embodied Imagination

Sat 29th and Sunday 30th July - Glastonbury UK

With Ian Rees and Steven Critchley



All spiritual traditions that engage with inner work speak of a subtle aspect of the body that is called variously the body of light, the astral body, the Rainbow Body, the diamond body or the resurrection body.

W E Butler, one of the great Qabalistic teachers of the 20th century, placed this teaching at the centre of his work and felt that to discover and bring this body into active operation was to bring a great force of healing into the world.

In this workshop we will experientially explore this aspect of human nature and consider its relationship to will, imagination and the felt sense.

The following methods will be practically explored:

- 1 The relaxation into the body and the embodied universe opening us to the depths of the felt sense
- 2 The prayer of the cross of Light which creates centre and balance.
- 3 The activation of the fountain that is the Green and Burning Tree which creates energy and flow.

Following these first 3 steps we will find:

The willingness to remain at the centre of body, world and experience as we enter into inner stillness.

An openness to the creative will that arises from that Mystery and reshapes us.

The conscious awareness of the Body of Light as our deeper embodiment.

The capacity to bear the intimacy of awareness as the gravity well of the new form draws all towards itself in its ignition into a wave of solid presence.

This is then the manifestation of the Body of Prayer in which many new things and ways of relating become possible.

In a way this is the meeting and union of the Deep Soul with the Deep Earth and the appearance of the true image of the human being.

This is not a technology but an art of awareness whose direction is deeper involvement with the living universe. Here we find the proclamation of the Orphic Adept:

" I am a child of earth and starry Heaven. A kid, I have fallen into milk."

IAN REES, PSYCHOTHERAPIST BSc(Tech) DipSW CQSW UKCP REG.



Ian Rees is a psycho-spiritual psychotherapist practising in Glastonbury Somerset UK. He has been a therapist for 30 years and spent 10 before that working in Probation Work and Social Work at all levels from Field Worker, Manager to Education Advisor for Mental Health at national level. He is an experienced trainer and taught at the Karuna Institute in Devon from 1999 to 2009; he designed and ran their MA programmes as well as being central to the teaching team. Since 2009 he has concentrated on developing the Annwn Foundation workshops and the Awen training and presents this material in the UK and Israel.

STEVEN CRITCHLEY, BA (hons) MA (Distinction) PhD

Steven Critchley wrote his MA and PhD theses on Thomas Taylor the Platonist (1758-1835) focussing on his translations of Orphic Hymns, Neoplatonism and Taylor's impact on British Romantic poetry (particularly the poetry of William Blake) and the prose fiction of Thomas Love Peacock. Having lectured at university level for several years he now works as the Assistant Director of Studies of the Servants of the Light Association with an interest in teaching practical aspects of the Mystical Qabalah and the western esoteric tradition. Steven teaches in the UK and internationally.



Workshop hours 10.00am -5pm each day.

Cost £150. A deposit of £50 secures a place

Cheques to be made payable to Ian Rees and sent to:

10 Glastonbury Road, Meare, Glastonbury BA6 9SN

Venue is Room 5, First Floor, The Old Clinic. 10 St John's Square, Glastonbury BA6 9LJ

Hot drinks and biscuits will be provided. There are numerous cafes near the venue for lunch. For further information contact Ian Rees on johnblaise@icloud.com or call 07720449630

