

# Touching the Buddha Within

Individual and couple sessions with Sumito

Februari 2012 på Flowering



A session lasts about 1½ hours and may include among others - Energy readings, counseling, and massage (not massage in couple session), or it could be an open session. All matters in your life are used as a door to freedom. Or you may be at a crossroads and want greater clarity and understanding. The main purpose with this session is to support that which is already real and true; our nature and being.

We are as children living in the being, but without awareness about it. As we grow older, we are slowly taught how to cover our being with learned responses and ideas. We get identified with our thoughts, feelings, ideas, dreams, desires and body and forget the one residing behind all this – we forget this mirror like quality that is joyous, loving and creative.

Through reading the qualities of the energy inside and around the body it can be a possibility to finding and encourage the way back to being.

Massage or touch is often used in this session as a support to the encouragement to just be what we are. Sometimes it is helpful to mention what is hindering us to live what we really are, then words are used.

Price: 900:-

For booking and information please contact Sumito [bodhi@sumito.se](mailto:bodhi@sumito.se) tel. 073 5115229