



# LIFE

LIVING IN FULL EMBRACE

HÖLLBACHHOF

NOV. 11TH 2009  
TO  
JAN. 7TH 2010

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## THE LIFE JOURNEY

LIVING IN FULL EMBRACE

HÖLLBACHHOF  
NOVEMBER 11 TH 2009 - JANUARY 7TH 2010

**LIFE - LIVING IN FULL EMBRACE** is a two-month journey specifically created for and by people who have been a part of the PHI rite before. It is a space dedicated to bringing the essence of PHI to our daily lives – through living, working, healing, sharing and teaching together at the Höllbachhof.

The energy field we are looking to create is one of a similar intensity as in PHI, yet most of the day is spent in an unstructured way, giving ample time for individual study and exploration. Participants are encouraged and required to dive into their own creativity and to take risks in sharing themselves with their fellow travelers as well as with residents and visitors of the Höllbachhof. Communal living provides a context for maximum personal growth, maximum personal enjoyment and deep human contact.



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## STRUCTURE & UNSTRUCTURE

It is for the group to decide, whether the day starts with morning exercise and meditation. A number of former mentors will take part in the program and may choose to offer the healer's meditation.

Monday – Friday, Vivian (formerly known as Virani) will hold space for a morning sharing circle from 10 to 11 am. This circle will be open to all people present during this time who have participated in PHI and are therefore familiar with holding the PHI circle of presence. Saturday and Sunday, the group may choose to hold their own morning sharing without Vivian.

Twice a week, Vivian will be available after the morning sharing until 1 pm to go deeper into certain PHI subjects and to accompany people in their individual study (see Further Study below).

The evenings are usually held by the people who have been PHI mentors. As you know from being a part of PHI – we can have many fun, exciting, relaxing and transforming journeys together in this way.

Some evenings will also be dedicated to certain classes taught by Vivian (see below).

## ABOUT VIVIAN...

**Vivian**, a healer and spiritual teacher formerly known as **Amana Virani**, has been accompanying people on their path of self-realization and personal development since many years. Her own path led her to dive deeply into Eastern Mysticism and into the Shamanic Teachings of various traditions.

Today her work draws on the powerful roots of this ancient knowledge as well as her own inner knowing, which reveals itself each moment anew.

The core of her work is to reconnect people to their original aliveness and to support them in moving deeper into accepting, loving and celebrating all the different ways in which this aliveness is expressing itself through them.

In 2009, Vivian founded the Höllbachhof Foundation, a non-profit organization dedicated to the development of sustainable human culture, located in Bavaria, Germany.





## PRESENCE HEALING WEEK

**Monday December 7th – Sunday 13th 2009**

As part of THE LIFE JOURNEY, a week will be dedicated to the practice of Presence Healing. During this time, healees are invited to come to the Höllbachhof to receive healing from former PHI participants under Vivian's supervision. It is a great opportunity for outsiders to get to know Presence Healing and the PHI energy and simultaneously for Presence Healers to go deeper into their healing practice.

**More detailed information will be posted on [www.presence-healing.net](http://www.presence-healing.net) shortly.**

## THE PHI GRADUATE PROGRAM

This program is designed to take you into the next level of sharing your work and presence with other people. You will be guided by Vivian and the circle of participants, learning more about working with a group, holding a room, teaching methods, building a class grid and manifesting your ideas. Each person will be working with his own chosen subject. The program will be held by Vivian throughout the Life program and is geared towards

Participation in the graduate program is by application only. If you wish to be a part of the graduate program, please send Vivian a mail describing the subject you wish to work with.

## FINANCIAL CONTRIBUTION

**1100 Euros** for the full two months, including all classes and courses (see below). Additional contributions are welcome.

Accommodation, travel and food are to be carried separately by the participant. (see "cost for food and lodging" below).

## APPLYING

You can apply to be a part of the whole program or just parts of it, whether it's a month, a week or even a day.

If you have any questions or need more info, contact Omer or Oryon.

Omer – [fluteria@yahoo.com](mailto:fluteria@yahoo.com)

Oryon – [oryonload@gmail.com](mailto:oryonload@gmail.com)

## SUPPORTING LIFE

We would love to have your support in bringing LIFE to life...

You can do that by letting people know about the individual week seminars that are available (indigo and shamanic healing methods), and especially by inviting healees to the Presence Healing week.





## COURSES & SEMINARS

Complementing the regular schedule of THE LIFE JOURNEY, a number of exciting courses and trainings are happening at the Höllbachhof during these two months. Participants of THE LIFE JOURNEY can choose individually, which elements they wish to be a part of and which not.

Here is an overview of some of the courses and classes scheduled during this time:

### INDIGO:

#### **Linear Indigo – The Grid**

*Friday November 27<sup>th</sup> - Sunday 29<sup>th</sup> 2009*

#### **Vertical Indigo – 144 Colours**

*Tuesday November 17<sup>th</sup> – 22<sup>nd</sup> 2009*

#### **Vertical Indigo - the Polyhedra**

*Tuesday November 30<sup>th</sup> – December 5<sup>th</sup> 2009*

***the Vertical Grid could be held in the week of December 14<sup>th</sup>***

***For further information about these modules in particular and about the Indigo-work in general, please visit: [www.i-n-d-i-g-o.net](http://www.i-n-d-i-g-o.net)***

### SHAMANIC HEALING METHODS:

#### **Root Chakra Technique**

*Thursday, November 12<sup>th</sup> 2009*

#### **Hopi Technique**

*Friday, November 13<sup>th</sup> 2009*

#### **Grief Relief**

*Saturday, November 14<sup>th</sup> 2009*

#### **Soul Pulling**

*Sunday, November 15<sup>th</sup> 2009*

#### **Healing the Heart**

*Monday, November 16<sup>th</sup> 2009*

***For further details, please visit: [www.presence-healing.net](http://www.presence-healing.net)***





## LIFE - Venue



The Höllbachhof is home to a new born community. It carries the vision of combining sustainable life with a communal tribal way of living.

Located in the Upper Bavarian Forest, about 30 minutes from Regensburg in Germany, Höllbachhof is a beautiful old homestead. Its oldest parts are estimated to date back to the 16th century, and it combines the traditional old fashioned charm with modern interior design. This fascinating architectural composition of old and new reflects in many ways the journey that this small community has embarked on, integrating ancient wisdom into a modern way of living.



The community of Höllbachhof is composed of individuals who chose to commit their lives to self exploration, research and education. A big part of the communal vision is to create an environment supporting the evolution of human consciousness and through that the creation of sustainable human culture.



The Höllbachhof lies secluded in the protected natural reserve area „Hölle“ where the Höllbach creek meanders through rock formations of a breathtaking natural beauty. Open green spaces combine with magical forest land to form a stunning backdrop for this hideaway. An ideal place for reconnecting with ourselves, the earth and the cycles of nature.





## COSTS FOR FOOD AND LODGING



### Accommodation Type

### Cost per person

Camper (you can bring your own camper)	€ 33 per day
Dormitory	€ 44 per day
Couple room	€ 51 per day
3 – 4 bed room	€ 51 per day
Double room	€ 60 per day
Single room	€ 69 per day



The quoted prices are **inclusive of all meals**. This entails three largely vegetarian meals per day plus snacks and drinks. We primarily rely on regional produce and over 90% of the ingredients we use are from organic cultivation from our own garden or high quality organic providers.

### Seva

You can enjoy a reduced price by applying for one of the available Seva positions:

- Kitchen help - 1.5 Hours in the kitchen - 10 € less per day
- Half seva – 3-4 Hours of work - you pay 50% of the room and food charges

*\* If you are taking part in the complete two months of the LIFE we encourage you to give Half-Seva as part of the communal experience, and to be supported as mentioned above*



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